The BOSTON COOKING SCHOOL COOK BOOK

FANNIE MERRITT FARMER

SUBSTITUTIONS

1 square chocolate = ¼ cup cocoa

1 cup pastry flour = 1 cup bread flour less 2 tablespoons

1 tablespoon cornstarch = 2 tablespoons flour (for thickening)

1 cup pearl tapioca = ¾ cup quick-cooking tapioca

1 teaspoon baking powder = ¼ teaspoon soda and ½ teaspoon cream of tartar

1 cup milk = ½ cup evaporated milk and ½ cup water

1 cup milk = ½ cup condensed milk and ½ cup water (omit sugar in recipe)

1 cup milk = 4 tablespoons powdered milk and 1 cup water

COOKING TEMPERATURES

Simmering (water)	180° F.
Boiling (water)	212° F.
Soft-ball stage (candies and sauces)	238° F.
Very slow oven	250° F.
Slow oven	300° F.
Moderately slow oven	325° F.
Moderate oven	350° F.
Moderately hot oven	375° F.
Hot oven	400° F.
Very hot oven	450° F–550° F.

ALL MEASUREMENTS IN THIS BOOK ARE LEVEL

THE BOSTON COOKING-SCHOOL COOK BOOK

Bessie Holland
445, S. Scott

Senia Ohi

1933

Gift from
Pauline Gooding

1933

Bessie Holland Snyder

TESTING RECIPES AT MISS FARMER'S SCHOOL OF COOKERY

THE BOSTON COOKING-SCHOOL COOK BOOK

BY

FANNIE MERRITT FARMER

New Edition Completely Revised

With Illustrations

BOSTON 1930

LITTLE, BROWN, AND COMPANY

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To

MRS. WILLIAM B. SEWALL

IN APPRECIATION OF HER HELPFUL ENCOURAGEMENT
AND UNTIRING EFFORTS IN PROMOTING THE
WORK OF SCIENTIFIC COOKERY

THIS BOOK IS AFFECTIONATELY DEDICATED
BY THE AUTHOR

Cookery means the knowledge of Medea and of Circe and of Helen and of the Queen of Sheba. It means the knowledge of all herbs and fruits and balms and spices, and all that is healing and sweet in the fields and groves and savory in meats. It means carefulness and inventiveness and willingness and readiness of appliances. It means the economy of your grandmothers and the science of the modern chemist; it means much testing and no wasting; it means English thoroughness and French art and Arabian hospitality; and, in fine, it means that you are to be perfectly and always, ladies — loaf givers. — RUSKIN.

PREFACE TO THE NEW EDITION

For many years "The Boston Cooking-School Cook Book" has held its place as the cornerstone of the American library of cookery. During Miss Farmer's active years as teacher and pioneer in cooking, her work was constantly revised to include the newest methods and recipes as they were developed at her Boston school. The present revision was undertaken in the desire to continue this policy and thereby retain the confidence of the many women who look to Miss Farmer's book for sound guidance.

Of recent years new vegetables, new fruits, and new salad greens have come into use, as well as new ways of preparing the ones formerly known. New equipment, such as mechanical refrigeration, pressure cookers, and the like, have suggested changes in method. New material has, therefore, been included in this 1930 edition to deal with these changes.

Although the general character of the work remains the same, a certain amount of rearrangement has been necessary. Where this was the case, it has been accomplished in logical order, alphabetically wherever possible. As an aid to students and to the inexperienced, references have been inserted wherever fuller material was available elsewhere in the book.

I should like to express my profound gratitude to the many persons who have helped in the preparation of this 1930 edition, either with constructive criticism, suggestions for new material, or answers to definite questions. In particular, this gratitude is due to the teachers in Miss Farmer's School of Cookery, who have had an active part in the work, and above all to Miss Alice Bradley, Principal of the School, whose practical wisdom and generous coöperation have been a constant source of encouragement.

W. L. P.

PREFACE TO THE FIRST EDITION

"But for life the universe were nothing; and all that has life requires nourishment."

With the progress of knowledge the needs of the human body have not been forgotten. During the last decade much time has been given by scientists to the study of foods and their dietetic value, and it is a subject which rightfully should demand much consideration from all. I certainly feel that the time is not far distant when a knowledge of the principles of diet will be an essential part of one's education. Then mankind will eat to live, will be able to do better mental and physical work, and disease will be less frequent.

At the earnest solicitation of educators, pupils, and friends, I have been urged to prepare this book, and I trust it may be a help to many who need its aid. It is my wish that it may not only be looked upon as a compilation of tried and tested recipes, but that it may awaken an interest through its condensed scientific knowledge which will lead to deeper thought and broader study of what to eat.

F. M. F.

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THE BOSTON COOKING-SCHOOL COOK BOOK

CHAPTER 1

FOOD VALUES

So many changes have taken place in the study of foodstuffs that the intelligent person of to-day needs to have at least a working knowledge of the subject in order to plan menus wisely.

It is sufficient for the person not engaged in research or the study of dietetics to have an understanding of the elements which must be provided by food to build and repair body tissues and provide heat and energy, and also some knowledge of the characteristics and sources of vitamins, the so-called " accessory food factors " which play such an important part in the maintenance of health.

Food provides heat and energy for the body. It also provides the necessary materials for growth and repair. The diet must contain foods furnishing all elements to maintain health. Food must undergo chemical change within the body before it can be used by the body; this is the office of the digestive system.

THE COMPOSITION OF FOOD

Food is classified as Proteins, Carbohydrates, Fats and Oils, Minerals and Water. Vitamins, while not separate foodstuffs, are added to this classification as " accessory food factors ", since without them a diet containing all the other elements would not be satisfactory. They are a guide in choosing foodstuffs within the other great classes.

PROTEINS

Proteins are necessary to build and repair body tissues. They furnish energy but at a greater cost than carbohydrates, fats, and oils. They are especially valuable for the nitrogen they contain.

They include all forms of animal food (except fats and glycogen) and some vegetables.

Good sources are milk, cheese, eggs, meat, fish, gelatine, cereals, peas, beans, and lentils.

CARBOHYDRATES

The carbohydrates are sugar, starch, and cellulose. Sugar and starch furnish energy and maintain heat. Cellulose adds bulk to the diet, thereby aiding elimination. Excess carbohydrates are stored as the adipose tissues of the body.

Good sources are vegetables, fruits, cereals, sugars, starches, and gums.

FATS AND OILS

Fats and oils furnish energy and heat. Excess fats are also stored as the adipose tissues of the body.

Good sources of fats and oils are butter, cream, fat of meats, vegetable oils, fish, cereals, nuts, and olives.

MINERALS

Mineral matter furnishes the necessary salts which are present in all animal and vegetable food. Calcium, phosphorus, and iron have special and important functions in connection with the growth and repair of the body.

Calcium builds strong teeth and bones, helps to prevent rickets, regulates the heart beat, the nerve action and the muscle action, and helps to keep the blood normal. It is found in milk, cheese, leafy vegetables, carrots, turnips, oranges, and whole-grain breads and cereals.

Phosphorus builds teeth and bones, helps to prevent rickets, regulates nerve action, and forms a necessary part of all fluids and soft tissues of the body. Good sources are milk, cheese, eggs, lean meat, fish, peas, navy beans, potatoes, and whole-grain breads and cereals.

Iron forms a very necessary part of the blood, prevents anæmia and makes the energy in food available for the body's use. It is provided by green vegetables, carrots, citrous fruits, milk and liver.

WATER

Water is present in all tissues and fluids of the body and constitutes two-thirds of the body weight. Therefore its abundant use is necessary. It is provided in the diet by beverages, fruits, and vegetables. Six to eight glasses daily should be taken in addition to what is provided by food.

VITAMINS

By observation and experiment, it has been determined that certain foods possess health-giving factors, although other foods of nearly identical chemical composition do not possess them. These factors are called " vitamins " and at least eight, with different functions in promoting growth and health, have been recognized. They are present in foodstuffs in such small quantities that they have not yet been isolated or measured. One theory is that they are a form of energy and therefore cannot be isolated and measured as if they were part of the physical composition of food. Whatever their nature, their importance is believed to be very great, since serious disorders result when foodstuffs containing them are omitted from the diet.

Proper cooking, especially of vegetables, is necessary to retain the full vitamin content. Use as little water as possible, especially in cooking green vegetables. Avoid long cooking and the use of soda. Retain the cooking water for use in soups and sauces, since certain vitamins dissolve in water and would otherwise be lost.

To meet the vitamin need, use, each day, all of the following:

Whole milk	A leafy vegetable
Egg	Raw fruit
Butter	Raw vegetable or canned tomato
Whole-grain bread or cereal	

Vitamin A (**Antiopthalmic**) is soluble in fat. It promotes growth, protects the body against infection, and prevents xeropthalmia (eye disease).

Good sources of Vitamin A are butter, cream, whole milk, whole-milk cheese, cod-liver oil, eggs, liver, carrots, and green vegetables.

Vitamin B (**Antineuritic**) is soluble in water but not in fat. Its functions are so wide that it is now believed to comprise two separate vitamins (see Vitamins F and G). It stimulates the appetite, aids the action of the stomach and intestines, promotes the general health, and acts as a protection against beriberi (a nerve disease).

Good sources of Vitamin B are dried peas and beans, spinach, whole-grain breads and cereals, and yeast.

Vitamin C (Antiscorbutic) is soluble in water. It promotes good tooth and bone development, protects the body against infection, and prevents scurvy.

Good sources of Vitamin C are grapefruit, lemons, oranges, leafy vegetables, and tomatoes.

Vitamin D (Antirachitic) is soluble in fat. Its chief function is the prevention of rickets.

Good sources of Vitamin D are cod-liver oil, egg yolk, and whole milk.

Vitamin E (Anti-sterility) is soluble in both fat and water. It is in some way concerned with reproduction.

Good sources of Vitamin E are whole-grain cereals, green vegetables, and whole milk.

Vitamin F (Anti-beriberi) is the factor in Vitamin B which is the preventive of beriberi. It has the same characteristics and sources as Vitamin B.

Vitamin G (Anti-pellagra) is the factor in Vitamin B which protects against pellagra. It has the same characteristics and sources as Vitamin B.

Vitamin H is soluble in fat. Little is known about it except that it is concerned with sexual development.

CALORIES

A calorie is the unit by which the heat or energy-producing value of food is measured. Only carbohydrates, fats, and proteins are considered in analyzing food from this point of view, since water, minerals, and vitamins provide neither heat nor energy. Carbohydrates and fats have nearly the same function in nutrition and therefore are generally grouped together in tables of caloric values, while the protein calories are listed separately.

Except for scientific study, the use of a table of calories is limited, since individuals vary greatly in metabolism or ability to change food into heat and energy. The standard requirements for a person of given age, weight, and occupation can be computed, but it should be remembered that the result is only an approximation. The following tables give the average daily requirements.

CHILDREN

Age	Total Calories Required Daily	Protein Calories per Pound of Body Weight
1–2	900–1200	4
3–5	1200–1500	3–4
6–9	1400–2000	3–4
10–13	1800–2200	3–4
14–20	2300–5000	2–3

ADULTS

	Total Calories Required Daily	Protein Calories per Pound of Body Weight
Man with hard muscular work	4150	2
Man with moderately active work	3400	2
Man with sedentary work	2450–2700	2
Woman with moderately active work	2700	2
Woman with light to moderate work	2450	2
Woman with sedentary work	2200	2

REQUIREMENTS OF ADULTS ESTIMATED IN NUMBER OF CALORIES PER POUND OF BODY WEIGHT

Sleeping	.4	calories	per	hour
Slight exercise	.6	"	"	"
Light "	1	"	"	"
Active "	2	"	"	"
Severe "	3	"	"	"

Note: Reduce by 10% for persons between 60–70, by 20% for persons between 70–80, and by 30% for persons more than 80.

TABLE OF APPROXIMATE FOOD VALUES OF THE MORE COMMON FOODS

Material	Measure	Weight	Total Calories	Protein Calories	Iron Gram
Almonds	1 cup shelled	4 oz.	700	95	.0021
Apples	2 qts.[1]	3 lbs.	600	16	.0030
Apricots, Dried	3⅔ cups (56 halves)	1 lb.	1200	84	
Asparagus	1 can	1 lb. net	80	27	.0038
Fresh	20 large stalks	1 lb.	100	32	.0043
Bacon, Smoked[1]		1 lb.	2600	172	.0052
Bananas	3 large	1 lb.[1]	300	14	.0018
Barley, Pearl	2 cups	1 lb.	1600	154	.0057
Beans, String	1 can	1 lb. 4 oz.	110	24	.0040
	1 qt.[1]	12 oz.	130	28	.0059
Dried	2 cups	1 lb.	1500	408	.0300
Dried Lima	2 cups	1 lb.	1500	328	.0292
Beef, Corned		1 lb.	1200	259	.0093
Dried, Salted, or Smoked		1 lb.	800	544	.0200
Liver[1]		1 lb.	600	350	.0118
Porterhouse Steak[1]		1 lb.	1000	346	.0120
Roast		1 lb.	1550	428	.0155
Round, Lean[1]		1 lb.	650	353	.0130
Rump, Lean[1]		1 lb.	800	346	.0120
Beets	1 pt.	1 lb.	200	23	.0026
Bread, Bakers'	1 loaf	1 lb.	1100	168	.0033
Graham	1 loaf	1 lb.	1100	160	.0143
Bread Crumbs	1 cup	2¾ oz.	200	128	.0006
Butter	1 tbsp.	½ oz.	100		
	2 cups	1 lb.	3400	18	
Cabbage	¼ head[1]	1 lb.	120	25	.0042
Carrot	3 large	1 lb.	150	16	.0024
Cauliflower	1 very small head	11 oz.	100	23	
Celery	1 bunch	1 lb.	60	16	.0016
Cheese, American		1 lb.	2000	522	
Neufchâtel	1 cheese	2½ oz.	225	52	
Cherries, Candied	10 medium	1 oz.	100		
Chicken, Broilers[1]		1 lb.	300	232	
Chocolate, Unsweetened	1 cake	8 oz.	1400	118	
Citron		1 lb.	1400	9	

[1] As purchased.

TABLE OF APPROXIMATE FOOD VALUES OF THE MORE COMMON FOODS *(Continued)*

Material	Measure	Weight	Total Calories	Protein Calories	Iron Gram
Clams, Round	1 pt.	1 lb.	200	117	
Cocoa	1 box	½ lb.	1100	195	
Cocoanut, Shredded	1 cup	2⅖ oz.	500	20	
Corn, Canned	1 can	1 lb. 4 oz.	550	63	.0031
Corn Meal	3 cups	1 lb.	1600	166	.0048
Cornstarch	1 cup	4½ oz.	450	0	
Crackers, Unsweetened		1 lb.	1800	176	.0063
Cranberries	1 qt.	1 lb.	200	7	.0026
Cream, Heavy	½ pt.	8 oz.	800	19	.0008
Thin	½ pt.	8 oz.	440	23	.0004
Cucumbers[1]	2 medium	1 lb.	68	12	
Currants, Dried	2⅝ cups	1 lb.	1400	43	
Dates, Unstoned	1 package[1]	10 oz.	850	21	.008
Egg	1	2 oz.	75	25	.0014
Flour	1 cup	4 oz.	400	50	.0016
Entire Wheat	1 cup	4 oz.	400	62	.0053
Graham	1 cup	5 oz.	500	75	.0066
Fish, Haddock		1 lb.	160	152	.0016
Halibut Steak		1 lb.	550	337	.0011
Lobsters		1 lb.[1]	140	107	
Oysters, Solid		1 cup	200	100	
Salmon, Canned		1 lb.	660	353	.0026
Fowl[1]		1 lb.	750	248	.0097
Grapes	1¾ cups	1 lb.	328	23	.0042
Ham, Smoked, Medium Fat		1 lb.[1]	1600	248	.0096
Hominy, Raw	1 cup	6 oz.	600	56	
Lamb, Leg, Medium Fat		1 lb.[1]	800	288	.0104
Loin		1 lb.[1]	1200	290	.0120
Shoulder		1 lb.[1]	1200	261	.0096
Chops, Broiled		1 lb.[1]	1400	332	.0126
Leg, Hind Quarter, Medium Fat		1 lb.[1]	850	288	.0110
Lemons	2 large	11½ oz.	100	9	.0013
Lard	1 cup	8 oz.	2000	0	
Lentils, Dried	2⅓ cups	1 lb.	1581	466	.0096
Lettuce	1 head	9 oz.	50	12	.0025
Macaroni, Uncooked	1 cup	4 oz.	400	60	

[1] As purchased.

TABLE OF APPROXIMATE FOOD VALUES OF THE MORE COMMON FOODS. (*Continued*)

Material	Measure	Weight	Total Calories	Protein Calories	Iron Gram
Milk (Skim)	1 cup	8½ oz.	80	32	.0050
Whole	1 cup	8½ oz.	170	34	.0005
Molasses, Cane	1 cup	12 oz.	900	33	
Mushrooms	44	1 lb.	200	63	
Oats, Rolled	1 cup	2¾ oz.	300	48	.0027
Oil, Salad or Cooking	1 tbsp.	⅔ oz.	100	0	
Onions	4½ large	1 lb.	200	25	.0022
Orange Juice	1 cup	8 oz.	100	0	
Oranges	1 large	9.5 oz.	100	6	.0006
Peanuts	1 cup shelled	5⅓ oz.	800	156	.0028
Peas, Canned	1 can	1 lb. 4 oz.	300	78	.0045
Dried	1 cup	8 oz.	800	222	.0120
Pecans, Shelled	1 cup	5⅓ oz.	1100	58	
Pineapple	1 can	1 lb. 4 oz.	800	8	.0088
Pork, Loin Chops, Medium Fat		1 lb.[1]	1200	243	.0084
Salt, Fat		1 lb.	3500	34	.0014
Potatoes	4 medium	1 lb.	300	32	.0045
Prunes[1]	46 (2⅔ cups)	1 lb.	1200	32	.0108
Raisins	1 cup	5⅓ oz.	500	15	.0050
Rice	1 cup	8 oz.	800	75	.0024
Rye Meal	1 cup	4⅛ oz.	400	31	
Sausage, Pork		1 lb.	2000	235	.0080
Spinach	1 pk.	3 lbs.	300	105	.0399
Sugar, Confectioners'	1 cup	4½ oz.	500	0	
Brown	1 cup	5½ oz.	600	0	
Granulated	1 cup	8 oz.	900	0	
Tapioca (Pearl)	1 cup	6 oz.	600	21	
Tomatoes, Fresh	4 medium[1]	1 lb.	100	16	.0017
Canned	1 qt. can	2 lbs. 1 oz.	200	43	
Tripe		1 lb.	260	212	
Turkey		1 lb.[1]	1000	292	.0110
Turnip	2	1 lb.	150	16	.0019
Veal, Breast, Medium Fat		1 lb.[1]	700	280	.0098
Leg, Medium Fat		1 lb.[1]	600	280	.0114
Liver, Medium Fat		1 lb.[1]	550	344	.0126
Loin, Medium Fat		1 lb.[1]	670	290	.0162
Walnuts	1 cup	4 oz.	800	83	.0023

[1] As purchased.

CHAPTER 2

COOKING TERMS AND METHODS

The important steps in successful cookery are *how to measure ingredients, how to combine ingredients,* and then *how to choose the appropriate method* of cooking, the correct temperature at which to cook, and the proper length of time. All of these questions are considered in this chapter, except time and temperature, which are to be found with individual recipes or on the chart inside the front cover.

FOR UNIFORM RESULTS MAKE EXACT MEASUREMENTS

HOW TO MEASURE INGREDIENTS

Correct measurements are absolutely necessary to insure the best results. Good judgment, with experience, has taught some to measure by sight; but the majority need definite guides.

Measuring cups divided into quarters or thirds and holding half a pint, teaspoons and tablespoons of regulation sizes, or a set of measuring spoons, and a case knife are essentials for correct measurement. Mixing spoons, which are a little larger than tablespoons, soup and

dessert spoons, which are a little smaller than tablespoons, should not be confounded with tablespoons.

To Measure Dry Ingredients. Flour, meal, powdered and confectioners' sugar, and soda should be sifted before measuring. Mustard and baking-powder settle from standing in boxes and therefore should be stirred to lighten. Salt frequently lumps, and these lumps should be broken. *A cupful is measured level.* To measure a cupful, put in the ingredient by spoonfuls or from a scoop, round slightly, and level with a case knife, care being taken not to shake the cup. *A tablespoonful is measured level. A teaspoon is measured level.*

To measure tea or table spoonfuls, dip the spoon in the ingredient, fill, lift, and level with a knife, the sharp edge of knife being toward tip of spoon. Divide with knife lengthwise of spoon for half a spoonful; divide halves crosswise for quarters, and quarters crosswise for eighths; divide twice crosswise for thirds. Less than one eighth of a teaspoonful is considered a few grains.

To Measure Liquids. *A cupful of liquid is all the cup will hold.* Pint and quart measures are convenient. *A tea or tablespoonful is all the spoon will hold.*

To Measure Butter, Lard, etc. To measure butter, lard, and other solid fats, pack solidly into cup or spoon and level with a knife.

When dry ingredients, liquids, and fats are called for in the same recipe, measure in the order given, thereby using but one cup.

HOW TO COMBINE INGREDIENTS

Next to measuring comes care in combining. Three ways are considered, — stirring, beating, and cutting and folding.

To Stir. Mix ingredients by using circular motion, widening the circles until all are blended. Stirring is the motion ordinarily employed in all cookery, alone or in combination with beating.

To Beat. Turn ingredient or ingredients over and over, continually bringing the under part to the surface, thus allowing the utensil used for beating to be constantly brought in contact with bottom of the dish and throughout the mixture.

To Cut and Fold. Introduce one ingredient into another ingredient or mixture by two motions: with a spoon, by a repeated vertical downward motion, known as *cutting;* and by a turning over and over

of mixture, allowing bowl of spoon each time to come in contact with bottom of dish, called *folding*. These repeated motions are alternated until thorough blending is accomplished.

By stirring, ingredients are mixed; *by beating*, a large amount of air is enclosed; *by cutting and folding*, air already introduced is prevented from escaping.

COOKING METHODS

HELPFUL SMALL EQUIPMENT

GRATER. OVEN-THERMOMETER. PIE CRUST MIXER. PAPER BAKING CUPS. WIRE WHISK. BROAD SPATULA. PASTRY JAGGER. KITCHEN KNIFE. FAT-FRYING THERMOMETER

TO BAKE

Baking is cooking in an oven.

Baking is greatly simplified if the oven is equipped with a heat regulator so that the correct temperature may be set and maintained. If the oven has no regulator, an oven-thermometer may be placed on the grate with the food to be cooked. In baking with neither regulator nor thermometer, judgment and experience must be the guides.

Some gas and electric ovens must be pre-heated. Some have heavy insulation, so that the temperature is maintained for some

time after the gas or electricity is shut off, thereby effecting an economy. Instructions for the use of each stove should be supplied by the manufacturer.

TO BOIL

Boiling is cooking in boiling water. Solid food so cooked is called " boiled " food, though literally the expression is incorrect.

Water boils at 212° F. (sea level) and simmers at 185° F. Slowly boiling water has the same temperature as rapidly boiling water and consequently is able to do the same work. Watery vapor and steam pass off from boiling water. Steam is invisible; watery vapor is visible and is often miscalled steam. Cooking utensils commonly used permit the escape of watery vapor and steam; therefore much heat is lost if food is cooked in rapidly boiling water.

Water is boiled for two purposes: first, to destroy inherent organic impurities; second, for cooking foods. Boiling water toughens and hardens albumen in eggs; toughens fibrin and dissolves tissues in meat; bursts starch grains and softens cellulose in cereals and vegetables. Milk should never be allowed to boil. At boiling temperature (214° F.) the casein is slightly hardened, and the fat is rendered more difficult of digestion. Milk heated over boiling water, as in a double boiler, is called *scalded milk*, and reaches a temperature of 196° F.

TO BRAISE

Braising is a combination of stewing and baking and is principally used in meat cookery.

Meat to be braised is frequently first fried (sautéed) to prevent escape of much juice in the gravy. The meat is placed in a pan with a small quantity of stock or water, vegetables (carrot, turnip, celery, and onion) cut in pieces, salt, pepper, and sweet herbs. The pan should have a tight-fitting cover. Meat so prepared should be cooked in an oven at low uniform temperature for a long time. This is an economical way of cooking, and the only way besides stewing or boiling of making a large piece of tough meat palatable and digestible.

TO BROIL

Broiling is cooking in the broiling oven of a gas or electric stove or over a clear fire. The food is placed on a greased broiling rack or in a greased broiler. It is turned often at first to sear the outside, — thus

preventing escape of inner juices; afterwards turned occasionally. Tender meats and fish may be cooked in this way. The flavor obtained by broiling is particularly fine; there is, however, a greater loss of weight in this than in any other way of cooking, as the food thus cooked is exposed to free circulation of air. Broiled meat or fish may be arranged on a plank and decorated for serving. See Planked Shad (p. 206), Planked Steak (p. 242), etc.

Selection and Care of a Plank. Board for planked fish or steak should be of oak, one inch thick. It should be a little longer and wider than the fish or meat to be arranged on it. Brush a new plank with oil and warm in the oven before using. Potato border should come well to edge during cooking, so that wood will not scorch. If any part of plank is exposed, it should be well oiled. Wash thoroughly after using and dry slowly.

TO PAN BROIL

Pan broiling is cooking in a slightly greased pan on top of the stove. The same process is used as for broiling.

TO COOK IN FIRELESS COOKER

There are many types of fireless cookers, some of them built into gas and electric ranges or with electric connections. Foods that are cooked in or with water are heated to boiling point, and after a given length of time over heat, they are placed in the cooker and the cooking is completed by the heat retained in the cooker. This process takes longer than cooking with continuous heat. Most manufacturers of fireless cookers issue books of directions for their use.

TO COOK IN PRESSURE COOKER

Food is heated in pressure cookers with a small amount of water and with covers tightly screwed on, until a pressure of fifteen or twenty pounds is reached. This raises the temperature in the cooker so that foodstuffs cook more quickly than with the usual equipment. Manufacturers of pressure cookers issue directions for their use.

TO FRICASSEE

Fricasseeing is frying in a small amount of fat and serving with a sauce. Tender meat is fricasseed without previous cooking; less

tender meat requires cooking in hot water before fricasseeing. Although veal is obtained from a young creature, it requires long cooking; it is usually fried and then cooked in a sauce at low temperature for a long time.

TO FRY (Sauté)

Frying (sautéing) is cooking in a small quantity of fat in a frying pan or on a griddle.

TO FRY IN DEEP FAT

Deep-fat or French frying is cooking by immersion in deep fat, at a temperature of 350° F. to 400° F.

Fats Suitable for Deep-fat Frying.

Vegetable Fats
Lard
Lard (⅔) and Beef Suet (⅓)
Olive Oil and Other Salad and Cooking Oils
Cod Fat (used by chefs)

Fat from beef, poultry, chicken, and pork may be used for shortening or frying purposes; fat from mutton and smoked meats may be used for making hard and soft soap; fat removed from soup stock, the water in which corned beef has been cooked, and drippings from roast beef may be tried out, clarified, and used for shortening or frying purposes.

Care of Fats. Use new fat for batter and dough mixtures and potatoes; clarify fat frequently. Store, covered, in cool place.

To Try Out Fat. Cut in small pieces or put through a food chopper and melt in top of double boiler; in this way it will require less watching than if placed in kettle over low heat. Leaf lard is tried out in the same way; in cutting the leaf, remove membrane. After straining lard, that which remains may be salted, pressed, and eaten as a relish, and is called *scraps*.

To Clarify Fat. Melt fat, add raw potato cut in quarter-inch slices, and allow fat to heat gradually; when fat ceases to bubble and potatoes are well browned, strain through double cheesecloth, placed over wire strainer, into a pan. The potato absorbs any odors or gases and collects to itself some of the sediment, the remainder settling to bottom of kettle.

When a small amount of fat is to be clarified, add to cold fat boiling water, stir vigorously, and set aside to cool; the fat will form a cake

on top, which may be easily removed; on bottom of the cake will be found sediment, which may be readily scraped off with a knife.

Remnants of fat, either cooked or uncooked, should be saved and tried out, and when necessary, clarified.

To Test Temperature of Fat. A fat-thermometer registering up to 400° F. is a great convenience in testing fat for deep-fat frying.

Articles	Temperature	Time Minutes
Muffins, Fritters, Doughnuts, and Other Uncooked Mixtures . . .	370° F.	3 to 5
Croquettes, Fishballs, and Oysters (cooked mixtures in general) . .	390° F.	1
Potatoes, Raw	370°–395° F.	4 to 8
Breaded Chops	360°–400° F.	5 to 8
Fillets of Fish	370° F.	4 to 6
Smelts, Trout, and Other Small Fish Cooked Whole	370° F.	3 to 5

Note: Length of time for cooking fish and meat does not depend so much on the number of pounds to be cooked as the extent of surface exposed to the heat.

If a fat-thermometer is not used, drop in an inch cube of bread, and if

EQUIPMENT FOR DEEP-FAT FRYING

in forty seconds it is golden brown, the fat is of right temperature for frying any cooked mixture. If it browns in sixty seconds, fat is of right temperature for uncooked mixture.

To Prepare Food for Frying. Wipe as dry as possible or egg and crumb (p. 475). Keep fish or meat in a warm room for some time before frying. Chilled food decreases the temperature of the fat to such extent that a coating is not formed quickly enough to prevent fat from penetrating the food.

To Fry Breaded Chops, Fillets of Fish or Meat, or Whole Small Fish. Before beginning to fry, grease the frying basket by dipping in fat. Be sure fat is at correct temperature (see above). Place a small amount of food in frying basket at a time, to avoid lowering the temperature of the fat and to prevent the fat from bubbling over. Lower basket into fat and fry until food is delicately brown. Drain on unglazed soft paper. Paper towelling is excellent for this.

To Fry Doughnuts (p. 80)
To Fry Fritters (p. 470)
To Fry Croquettes (p. 475)

TO PARBOIL

Parboiling is partial cooking. Food may be parboiled in boiling water or in its own juices (oysters, clams, scallops, etc.).

TO ROAST

The term roasting has come to be applied to the method of cooking meat by baking in an oven. It originally meant cooking on a revolving spit before an open fire.

Roast Beef (p. 248)
Roast Lamb (p. 264), etc.
Roast Chicken (p. 314)

TO SAUTÉ

See " To Fry " (sauté) (p. 16).

TO SIMMER

Simmering is cooking below the boiling point, on top of the stove.

TO STEAM

Steaming is cooking in steam or over hot water.

TO STEW

Stewing is cooking in a small amount of liquid for a long time at a low temperature. It is the most economical way of cooking meats, as all nutriment is retained. It is an excellent way to cook the less tender cuts of meat, as the fibers and connective tissues are softened.

WHOLE MEAL COOKING

Many meats and vegetables ordinarily cooked in the oven at 350°–400° F. or in boiling water on top of the stove may be cooked at the same time in an oven regulated to maintain a uniform heat of 250° F. up to 350° F. and left from two to five hours, according to food and temperature selected. Some electric ranges are equipped with clocks which start and stop the current as desired. Special booklets on this subject are issued by the companies manufacturing ranges.

CHAPTER 3

BEVERAGES

TEA

Tea is used by more than half the human race. The United States is more a coffee- than a tea-drinking country. The *per capita* consumption is a little less than a pound per annum.

From analysis, it has been found that tea is rich in protein, but when taken as an infusion it acts as a stimulant but does not provide nutrient value. The nutriment is gained from sugar and milk served with it. The stimulating property of tea is due to the alkaloid, theine, together with an essential oil ; it contains an astringent, — tannin.

Freshly boiled water should be used for making tea. *Boiled*, because below the boiling point the stimulating property, theine, would not be extracted. *Freshly* boiled, because long cooking renders water flat and insipid to taste, on account of escape of its atmospheric gases. Tea should alway be infused, never boiled. Long steeping destroys the delicate flavor by developing a larger amount of tannic acid.

How to Make Tea

½ to 1 teaspoon tea 1 cup boiling water

Put tea in scalded earthen or china teapot. Pour on boiling water. Let stand in a warm place 3 minutes. Strain and serve immediately. Avoid second steeping of leaves with addition of a few fresh ones. The amount of tea to be used depends on both the quality of the tea and the individual taste.

Tea balls and tea bags may be used, in which case the ball is removed from the pot after 3 minutes or less.

TEA ACCOMPANIMENTS

Cream or Milk and Sugar
Lemon or Orange Cut Sugar (see below)
Mint Sirup (see below)
Sliced Lemon with or without Cloves
Oranges, Sliced or in Wedge-shaped Pieces
Cordial Drops

Fresh Mint Leaves
Rock Candy
Candied Red Cherries
Sugar in Fancy Shapes, such as Hearts, Spades, Clubs, and Diamonds
Colored Crystallized Sugar
Painted Sugar (see below)

Lemon or Orange Cut Sugar

Rub entire surface of blocks of loaf sugar over the rind of a lemon or orange which has been washed and wiped until dry. Store in a glass jar and use to sweeten and flavor tea.

Mint Sirup

½ cup sugar
½ cup water
Green color paste
¼ cup lemon juice
1 bunch mint, washed and finely shredded

Boil sugar and water 5 minutes, add mint, and mash with back of spoon. Cool, color green, and add lemon juice. Strain through cheesecloth.

Painted Sugar

Dilute vegetable color paste with water or use liquid food colors. Paint loaf sugar with tiny flowers or other designs, using small brush.

Iced Tea

Strain hot tea into glasses ⅓ full of cracked ice or over block of ice in pitcher. Add sugar and lemon juice to taste. Garnish with slices of lemon, allowing 1 slice to each glass. Quick chilling results in a clearer product and a finer flavor.

For variety, substitute orange juice for half the lemon juice and garnish with both lemon and orange slices. Fresh mint leaves are a popular addition.

Decorated ice cubes (p. 31) may be served in iced tea.

COFFEE

The coffee tree is native to Abyssinia, but is now grown in practically all tropical countries. It belongs to the genus *Coffea*. In coffee plantations trees are planted in parallel rows from six to eight feet apart and are pruned so as not to exceed six to ten feet in height. This facilitates picking and lessens the danger of limbs breaking down

during heavy winds. The East Indies, West Indies, Brazil, and Central America are coffee centers.

The seeds of the berries of coffee trees constitute the coffee of commerce. Each berry contains two seeds, with the exception of male berry, which has a single round seed. In its natural state green or raw coffee is tasteless; roasting is required to develop the volatile oils that lend fragrance and flavor to all coffee. In the roasting process the coffee shrinks in weight about sixteen per cent, while it gains in bulk about thirty-three per cent, due to the evaporation of moisture and the swelling of the beans.

The stimulating property of coffee is due to the alkaloid caffeine, together with an essential oil. Like tea, it contains an astringent. Coffee is more stimulating than tea, although, weight for weight, tea contains about twice as much theine as coffee contains of caffeine. The smaller proportion of tea used accounts for the difference.

Coffee should be bought for family use in small quantities, freshly roasted and ground; or, if one has a coffee mill, it may be ground at home as needed. After being ground, unless kept air tight, it quickly deteriorates. If not bought in air-tight cans, with tight-fitting cover, or glass jar, it should be emptied into a canister as soon as brought from grocers. Coffee is ground fine, coarse, and medium, according to the way in which it is to be made. For filtered or percolated coffee, have the beans finely ground; for boiled, coarse or medium.

Other coffees and coffee substitutes are on the market, such as coffee from which the caffeine has been removed, instantaneous powdered coffee, coffee substitute, and cereal coffees that require boiling.

Filtered or Drip Coffee

Use 1 to 3 tablespoons coffee (finely ground) to each cup water.

Various kinds of coffeepots are on the market for making filtered coffee. They all contain a strainer to hold coffee without allowing grounds to mix with infusion. Place coffee in strainer. Add gradually boiling water. Cover closely and allow to filter.

Percolated Coffee

1 to 3 tablespoons ground coffee to each cup water

Place coffee in strainer part of percolator. Add either cold or boiling water. Adjust top. Set over heat or, if electric percolator is

used, turn on current. Percolate until liquid is amber-colored as seen through glass top (about 5 minutes after it begins to boil).

Boiled Coffee

1 cup coffee — 1 cup cold water
1 egg or 3 eggshells — 6 cups boiling water

Scald coffeepot. Wash egg, break, and beat slightly. Dilute with half the cold water, add crushed shell, and mix with coffee. Turn into coffeepot, pour on freshly boiling water, and stir thoroughly. Boil 3 minutes.

If not boiled, coffee is cloudy; if boiled too long, too much tannic acid is developed. The spout of pot should be covered or stuffed with soft paper to prevent escape of fragrant aroma. Add remaining cold water, which perfects clearing. Cold water, being heavier than hot water, sinks to the bottom, carrying grounds with it. Let stand 10 minutes on back of range or set coffeepot in pan containing hot water and place over very low heat.

Coffee made with an egg has a rich flavor which egg alone can give. Many use a pinch of salt to bring out the flavor of the coffee.

If any coffee is left over, drain from grounds and reserve for making jelly or other dessert.

Coffee for Two

Mix 1 cup ground coffee with 1 egg, slightly beaten, and crushed shell. To ⅓ of this amount add ⅓ cup cold water. Turn into a scalded coffeepot, add 1 pint boiling water and boil 3 minutes. Let stand over low heat 10 minutes. Keep remaining coffee and egg closely covered in refrigerator, to use 2 successive mornings.

Coffee for One

2 tablespoons coffee — 1 cup cold water

Add coffee to water, cover closely, let stand overnight. Bring slowly to boiling point and pour carefully through strainer.

After-dinner Coffee

(Black Coffee, or Café Noir)

Use 3 tablespoons coffee to each cup of water, and make by any recipe. Serve in after-dinner coffee cups.

Café au Lait

Serve coffee with an equal quantity of scalded milk.

Vienna Coffee

Serve coffee in small cups with whipped cream.

Iced Coffee I

Strain coffee, sweeten to taste, and chill. Dilute with cream and serve in tall glasses.

Iced Coffee II

Strain hot coffee over ice in glasses or pitcher. Serve with cream and powdered sugar.

Iced Coffee III

Use 1 teaspoon instantaneous coffee for each cup of cold water. Shake thoroughly, pour over crushed ice and serve with cream and powdered sugar.

Iced Coffee with Ice Cream

Serve Iced Coffee in tall glasses, allowing 2 tablespoons vanilla ice cream to each glass.

COCOA AND CHOCOLATE

The cacao-tree (*Theobroma cacao*) is native to Mexico. Although successfully cultivated between the twentieth parallels of latitude, its industry is chiefly confined to Mexico, South America, and the West Indies. Cocoa and chocolate are both prepared from seeds of the cocoa bean. After roasting, outer covering of bean is removed; this covering makes what is known as *cocoa shells*, which have little nutritive value. The beans are broken and sold as *cocoa nibs*.

The various preparations of cocoa on the market are made from the ground cocoa nibs, from which, by means of hydraulic pressure, a large amount of fat is expressed, leaving a solid cake. This in turn is pulverized and mixed with sugar, and frequently a small amount of cornstarch or arrowroot. To some preparations cinnamon or vanilla is added.

Chocolate is made from cocoa nibs, but contains a much larger proportion of fat than cocoa preparations. Bitter, sweet, or flavored chocolate is sold in cake or in powdered form.

Cocoa Shells

1 cup cocoa shells 6 cups boiling water

Boil shells and water 3 hours; as water boils away it will be necessary to add more. Strain and serve with milk and sugar.

Cracked Cocoa

½ cup cracked cocoa 3 pints boiling water
Few grains of salt

Simmer at least 2 hours. Strain and serve with milk or cream and sugar.

Breakfast Cocoa

1½ tablespoons cocoa ½ cup boiling water
2 tablespoons sugar 4 cups milk or 2 cups milk
Few grains salt and 2 cups water

Scald milk. Mix cocoa, sugar, and salt. Add ½ cup boiling water. Boil 3 minutes. Add to scalded milk and beat 2 minutes, using egg beater, when froth will form, preventing scum; this is known as "milling."

Rich Cocoa

Follow recipe for Breakfast Cocoa, doubling the amount of sugar and cocoa. Flavor with a few drops of vanilla.

Mexican Chocolate I

Scald 2 tablespoons ground coffee with milk as in recipe for Breakfast Cocoa. Strain before adding to cocoa mixture. Flavor with ½ teaspoon vanilla.

Mexican Chocolate II

2 cups Breakfast Cocoa 2 cups boiled or filtered coffee
½ teaspoon vanilla

Combine ingredients and serve with whipped cream.

Chocolate I

1½ squares chocolate Few grains salt
¼ cup sugar 1 cup boiling water
3 cups milk 1 teaspoon vanilla

Scald milk. Melt chocolate in small saucepan over hot water. Add sugar and salt. Add very gradually boiling water that mixture may be of uniform color. Stir until smooth. Boil 5 minutes. Add to scalded milk, beat until foamy, and serve in chocolate cups with whipped cream or marshmallows.

Chocolate II

2 ounces sweetened chocolate · Few grains salt
4 cups milk

Scald milk with chocolate. When chocolate is melted, beat until smooth and foamy. Serve with whipped cream or marshmallows.

Chocolate with Evaporated Milk

Make Chocolate I, using 1½ cups evaporated milk and 1½ cups boiling water in place of 3 cups milk.

Iced Chocolate

Cool chocolate (any recipe). Pour over crushed ice, stir well, and sweeten to taste. Serve with whipped cream, if desired.

Chocolate Sirup

4 squares unsweetened chocolate — ⅛ teaspoon salt
1¾ cups sugar — 1½ cups boiling water

Melt chocolate in saucepan placed in larger saucepan of boiling water, add sugar and salt, and stir until well mixed. Add boiling water gradually, while stirring constantly. Boil 5 minutes or until a thin sirup is formed. Cool, turn into a jar, and keep in refrigerator or cold place. Use 2 or 3 tablespoons sirup to a cup of hot or cold milk.

Chocolate Milk Shake

2 tablespoons finely crushed ice — ⅔ cup milk
2½ tablespoons Chocolate Sirup

Beat ingredients with egg beater or put in shaker and shake thoroughly. Strain into glass for serving. A few gratings of nutmeg or a few grains of cinnamon may be sprinkled on top. Ice may be omitted if ingredients have been thoroughly chilled in refrigerator.

Chocolate Egg and Milk Shake

Add 1 egg to Chocolate Milk Shake before beating or shaking.

Cocoa Egg-Nog

1 egg white — 1 teaspoon breakfast cocoa
1 teaspoon sugar — Few grains salt
¾ cup cold milk

Beat egg white until stiff and add gradually, while beating constantly, sugar, cocoa, and salt. Add cold milk to half the mixture, while beating constantly. Turn into a glass and pile remaining egg mixture on top.

Ice-Cream Soda

3 tablespoons Chocolate Sirup or other sirup
2 tablespoons vanilla
Ice cream
Soda water

Put sirup in tall glass, add ice cream. Fill glass with soda water drawn from siphon. Stir thoroughly.

FRUIT BEVERAGES

Lemonade

1 cup sugar
⅓ cup lemon juice
2 cups water
Ice water

Boil sugar and water 5 minutes. Add fruit juice, cool, and dilute with ice water to suit individual tastes. Lemon sirup may be bottled and kept on hand to use as needed.

Pineapple Lemonade

1 pint water
1 cup sugar
1 quart ice water
1 can crushed pineapple
Juice 3 lemons

Boil sugar and water 5 minutes; add pineapple and lemon juice, cool, strain, and add ice water.

Orangeade

Make sirup as for Lemonade. Sweeten orange juice with sirup and dilute by pouring over crushed ice.

Grapefruit and Ginger Ale

Ginger ale
Grapefruit juice

Mix ginger ale and grapefruit juice, using 1 part grapefruit juice to 2 parts ginger ale. Pour into glasses half full of finely crushed ice.

White Grape Juice Punch

Charged water
White grape juice

Pack bottled ingredients in salt and ice and let stand until thoroughly

chilled. Just before serving mix and pour into a chilled pitcher, using equal amounts of each.

Fruit Punch

1 quart cold water
2 cups sugar
½ cup lemon juice
2 cups crushed pineapple
1 cup orange juice

Boil water, sugar, and pineapple 10 minutes. Add fruit juice, cool, strain. Dilute with ice water.

Fruit Punch for Fifty

1 cup water
2 cups sugar
1 cup tea infusion
1 quart charged water
2 cups fruit sirup (strawberry or loganberry, etc.)
1 cup lemon juice
2 cups orange juice
2 cups crushed pineapple
1 cup maraschino cherries
Ice water

Boil sugar and water 5 minutes; add tea, fruit sirup, lemon juice, orange juice, and pineapple; let stand 30 minutes, strain, and add ice water to make 1½ gallons of liquid. Add cherries and charged water. Serve in punch bowl, with large piece of ice.

Tea Punch I

1 cup sugar
1 cup hot tea infusion
¾ cup orange juice
⅓ cup lemon juice
1 pint ginger ale
1 pint charged water
Few slices orange

Pour tea over sugar and as soon as sugar is dissolved add fruit juices. Strain into punch bowl over a large piece of ice, just before serving, add ginger ale, charged water, and slices of orange. For tea infusion use 2 teaspoons tea and 1¼ cups boiling water.

Tea Punch II

3 cups orange juice
1 cup lemon juice
1 cup crushed pineapple or pineapple juice
1 cup raspberry sirup
1½ cups tea infusion
1¼ cups sugar
1 cup hot water
1 quart charged water

Mix fruit juices with pineapple, raspberry sirup, and tea. Boil sugar and water 5 minutes and add. Turn into punch bowl over a large piece of ice. Chill thoroughly. Just before serving add charged water.

Cardinal Punch

1 quart cranberries
6 cups water
2 cups sugar
1 cup orange juice
1½ tablespoons lemon juice
1 quart ginger ale or charged water

Cook cranberries in 4 cups water until soft. Crush and drain through cheesecloth. Boil sugar and 2 cups water 5 minutes, add to cranberry juice, and chill. Add fruit juices. Just before serving, add ginger ale or charged water.

Ginger Punch

1 quart cold water
1 cup sugar
½ lb. Canton ginger
½ cup orange juice
½ cup lemon juice

Chop ginger, add to water and sugar, boil 15 minutes; add fruit juice, cool, strain, and dilute with crushed ice.

Moette Punch

1 cup pineapple sirup or juice
1¼ cups white grape juice
1 pint charged water
Sugar
1 quart Raspberry Ice (p. 563)

Mix fruit juices, add charged water, and sweeten to taste. Pour into punch bowl and add Raspberry Ice molded with small ice-cream scoop.

German Punch

1 cup grape juice
1 cup cider
½ cup grapefruit juice
1 quart charged water
Sugar

Mix first 4 ingredients and sweeten to taste. Pour into a punch bowl over a large cake of ice.

Oriental Punch

1 cup sugar
1 cup water
6 cloves
1 inch stick cinnamon
½ tablespoon chopped Canton ginger
¼ cup lemon juice
1 cup orange juice
1 drop oil of peppermint
Green coloring
Mint leaves

Boil sugar and water 5 minutes. Add cloves, cinnamon, and ginger; cover and let stand until cold. Add fruit juices, strain,

color green, and add peppermint. Let stand 1 hour and pour into punch bowl over a cake of ice. Garnish with fresh mint leaves.

Cider Punch

1 quart new or bottled cider
¾ cup lemon juice
Sugar
1 quart charged water
Ice

Mix cider and lemon juice. Sweeten to taste. Strain into punch bowl over a large piece of ice. Just before serving add charged water.

Mint Julep

1 cup lemon juice
1 bunch fresh mint
1½ cups sugar
½ cup water
3 pints ginger ale
Ice

Add mint leaves, sugar, and water to lemon juice. Let stand 30 minutes. Pour over a large piece of ice and add ginger ale. Serve in small glasses.

Fruit Punch with Whipped Cream

1 pint grape juice
3 tablespoons lemon juice
⅓ cup orange juice
1 cup fresh pineapple pulp with juice
¾ cup loaf sugar
Grated rind of 1 lemon
Granted rind of 1 orange
4 sprigs fresh mint
Few grains salt
Few gratings nutmeg
Crushed ice
1 pint bottle soda water
Whipped cream

Mix fruit juices and add sugar, which has been rubbed over lemon and orange; then add mint, salt, and nutmeg. Cover and let stand in refrigerator 1 hour to ripen. Pour over crushed ice, add soda water, and serve in tall glasses with whipped cream on top. Garnish with mint leaves.

Grape Juice

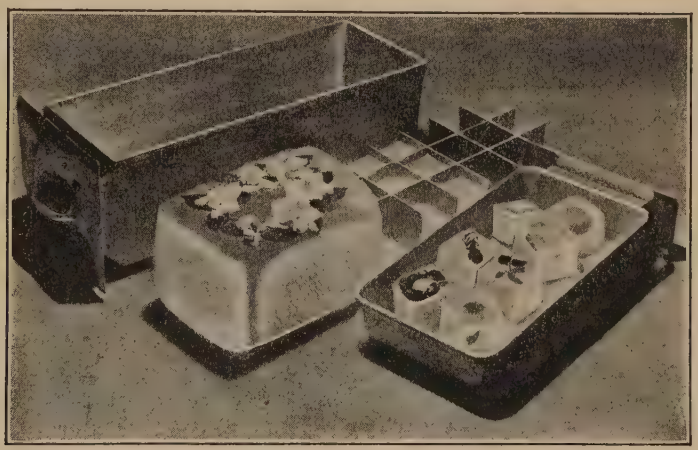
10 pounds grapes
1 cup water
3 pounds sugar

Put grapes and water in granite stewpan. Heat until stones and pulp separate; then strain through jelly bag, add sugar, heat to boiling point, and bottle. This will make 1 gallon. When served, it should be diluted ½ with water.

Raspberry Sirup

2 quarts raspberries 1 quart sugar
¾ cup cold water

Pick over and mash raspberries, sprinkle with sugar, cover, and let stand overnight. Add water, bring slowly to boiling point, and cook 20 minutes. Force through a double thickness of cheesecloth, again bring to boiling point, fill small glass jars to overflow, and adjust covers. To use as a foundation for beverages or raspberry ice or for sauces to accompany hot, cold, or frozen desserts.



ICE BLOCK DECORATED WITH ROSES FOR A PUNCH BOWL. ICE CUBES FOR ICED TEA OR PUNCH

To Garnish Ice Cubes

Put in each compartment of refrigerator pan a maraschino cherry, a candied cherry, 1 or 2 mint leaves, a small flower, or ¼ slice of lemon. Fill with water and freeze.

Decorated Ice Block for Punch Bowl

Fill large refrigerator pan with water. When nearly frozen, decorate with a wreath of candied fruit and mint leaves or flowers. Add enough water to hold decorations in place and freeze. Remove from pan and place in punch bowl.

CHAPTER 4

RAISED BREAD AND BISCUITS

BATTERS, SPONGES, AND DOUGHS

Batter is a mixture of flour and some liquid (usually combined with other ingredients, as sugar, salt, eggs, etc.) of consistency to pour easily or to drop from a spoon. Batters are termed thin or thick, according to their consistency.

Sponge is a batter to which yeast is added.

Dough differs from batter by being stiff enough to be handled.

INGREDIENTS USED IN MAKING BREAD

FLOUR

Wheat Flour is superior to all others for bread making, because it contains two proteins which form gluten when flour is made into a dough. This gluten is what gives the dough an elastic quality, so that it can expand and hold within it the gas bubbles formed by yeast or other leavening agents. **Bread Flour** is made from hard wheat, which is especially rich in these two gluten-forming proteins. **Whole Wheat Flour** contains all of the wheat, including the bran and the germ. It may be coarse or fine.

Other flours and meals may be used for yeast breads but all, except rye flour, must be used in combination with wheat flour, and even rye flour is more successfully used when mixed with wheat flour.

YEAST

Yeast, the minute cell-like plants put into bread dough to leaven it, may be bought in dry or compressed cakes or grown at home in the form of a " starter " or " liquid yeast." Recipes in this book call for compressed yeast. If dry yeast is used, longer time must be allowed, since the cells are not growing actively.

Amount of yeast required to raise bread. Most recipes in this book call for one yeast cake to each pint of liquid. The amount may be varied according to the following :

To raise bread overnight. Use one-fourth yeast cake to one pint liquid.

To mix and bake bread in five hours. Use one yeast cake to one pint liquid.

To mix and bake bread in three hours. Use two yeast cakes to one pint liquid.

Mixtures containing eggs or a larger amount of shortening than White Bread (p. 36) require more yeast or a longer time.

LIQUID

The liquid may be all water, all milk, or a combination of the two.

Water. If bread is to be made in a hurry, water need not be boiled.

Milk. Sterilized milk need be heated only enough to melt shortening.

Evaporated Milk. Use one-half cup evaporated milk with one-half cup water to replace one cup milk.

Condensed Milk. Use one-half cup condensed milk and three-fourths cup water to replace one cup milk and the sugar called for in recipe.

Powdered Milk. Dissolve four tablespoons powdered milk in one cup water to replace one cup milk.

SHORTENING

The shortening in bread makes it more tender and adds to its fuel value and flavor. It may be butter or margarine, alone or in combination with lard or other good cooking fat.

SALT

Salt is added for flavor.

SUGAR

Sugar in small amounts makes the dough rise more quickly and helps give a golden-brown color to the crust. Molasses is sometimes used in place of sugar.

TO MAKE FERMENTED (YEAST) BREAD

Mix the ingredients to a dough. Then knead dough, that the ingredients may be thoroughly incorporated. Cover and allow to rise until dough has doubled in bulk. This change has been caused by action of the ferment, which attacks some of the starch in flour

and changes it to sugar, and sugar in turn is changed to alcohol and carbon dioxide, thus lightening the whole mass.

If it is not convenient to shape the dough, when first doubled in bulk, *cut down* by cutting through dough and turning it over several times with a case knife. This checks fermentation for a short time. Bread may be left to rise again or be put, closely covered, in refrigerator, until ready to use.

Knead dough a second time, to break bubbles and distribute evenly the carbon dioxide, and shape.

TO SHAPE BREAD

To shape dough in loaves, divide dough in parts, each part large enough for a loaf, knead until smooth, and, if possible, avoid seams in under part of loaf. If to be baked in brick pan, place two loaves in one pan and brush between loaves with a little melted butter. If to be baked in long shallow pan, knead well and roll with both hands to lengthen, care being taken that it is smooth and of uniform thickness. If long loaves are to be baked on cooky sheets, shape and roll loosely in a towel sprinkled with corn meal for last rising. (To shape biscuits, see p. 43.) Cover and allow to rise to double in bulk. If risen too long, bread will be full of large holes; if not risen long enough, it will be heavy and soggy. If pans containing loaves are put in too hot a place while rising, a heavy streak will be found near bottom of loaf.

TO RAISE BREAD

The temperature of the inside of the dough should be about 80° F., not under 75° F., or over 85° F. It may be tested with a bath or dairy thermometer.

To maintain this temperature, set the bowl containing the dough in a bread mixer or large bowl containing water kept just below body temperature (90° F. to 95° F.) and cover closely. A large double boiler may be used. In summer, when the room temperature is above 80° F., the water should be kept at a lower temperature (75° F.).

To raise bread overnight, set in warm place where it will neither be overheated nor be in a draught.

Bread dough mixed with a large quantity of yeast should be watched during rising and cut down as soon as mixture doubles in bulk. If

proper care is taken, the bread will be found most satisfactory, having neither " yeasty " nor sour taste.

TO BAKE BREAD

Bread is baked: (1) To kill ferment; (2) to make the starch soluble; (3) to drive off alcohol and carbon dioxide; and (4) to form brown crust of pleasant flavor.

Bake bread forty to sixty minutes in hot oven (375°F. to 425° F). If the oven is too hot the crust will brown quickly before the heat has reached the center, and prevent further rising. Loaf should continue rising for first fifteen minutes, when it should begin to brown, and continue browning for the next twenty minutes. The last fifteen minutes it should finish baking, when the heat may be reduced. When bread is done, it will not cling to sides of pan and may be easily removed. Biscuits require a hotter oven than loaf bread (425° F. to 450° F.), should continue rising the first five minutes, and begin to brown in eight minutes. Brush bread with melted butter three minutes before taking from oven, if a more tender crust is desired.

Bread may be baked before it has risen to double in bulk by starting the baking in a cold oven; then turn on heat and allow oven to heat gradually to hot (400° F.). By this process, the last part of the rising is hastened by the heat of the oven.

CARE OF BREAD AFTER BAKING

Remove loaves at once from pans and place, side down, on a wire bread or cake cooler. If a crisp crust is desired, cool bread without covering; if soft crust, cover with a towel during cooling. When cool, wrap in wax paper, put in tin box or stone jar, and cover closely.

Never keep bread wrapped in cloth, as the cloth will absorb moisture and give an unpleasant taste to bread. Bread tins or jars should be washed and scalded twice a week in winter and every other day in summer; otherwise bread is apt to mold.

TO USE STALE BREAD

See Toast (p. 56), Dry Crumbs (p. 58), and Bread Puddings (pp. 510–513, 532), etc.

White Bread

1 cup scalded milk
1 cup boiling water
1 tablespoon butter
1 tablespoon lard or other shortening
2½ teaspoons salt
2 tablespoons sugar
1 yeast cake dissolved in ¼ cup lukewarm water
6 cups sifted bread flour

Put shortening, sugar, and salt in large bowl without a lip or in top of large double boiler. Add liquid. When lukewarm, add dissolved yeast cake and 3 cups flour. Mix thoroughly with knife or spoon. Add 2 cups flour, mix with knife, and add remaining flour gradually, using just enough to prevent sticking.

Turn on floured board or cloth, leaving a clean bowl. Knead until mixture is smooth and elastic to the touch and bubbles may be seen under the surface. Return to bowl, cover with clean cloth and board or tin cover. Let rise until double in bulk.

Cut down. Toss on slightly floured board or pastry cloth, knead, shape, and place in greased pans, having pans nearly half full. Cover, let rise to double in bulk. Bake 15 minutes in hot oven (425° F.), then reduce to moderately hot (375° F.) and bake 30 to 35 minutes longer. For more detailed directions about mixing and baking bread, see pp. 33–35.

1 or 2 tablespoons butter may be added for a richer bread or for biscuits and rolls.

Bran Bread

Follow recipe for White Bread, using 1 cup bran and 5 cups flour and ¼ cup molasses instead of sugar.

Currant Loaf

Follow recipe for White Bread. When shaping into loaves, knead in ⅓ cup cleaned dried currants.

Date Bread

Follow recipe for White Bread, adding, after first rising, 2 cups dates, cut in pieces.

Raisin Bread

Follow recipe for White Bread, adding, after first rising, 2 cups raisins and ½ cup sugar. 2 eggs, well beaten, may be added to mixture.

Fine Entire Wheat Bread

Follow recipe for White Bread, using half white flour and half fine entire wheat flour and adding 3 tablespoons molasses.

Colonial Bread

Make half the recipe for Fine Entire Wheat Bread, adding 1½ tablespoons molasses. After first rising, knead in ½ cup each of finely cut candied orange peel and pecan nut meats, broken in pieces. Put into baking-powder tins until ⅓ full; let rise and bake. Cool and use for sandwiches.

Raisin Nut Bread

Use recipe for Fine Entire Wheat Bread, adding, after first rising, 1 cup raisins and 1 cup walnut or pecan nut meats, broken in pieces.

Rye and Caraway Bread

Follow recipe for White Bread, using 1 cup bread flour and the rest rye flour and only 1 tablespoon sugar. After first rising, knead in ⅓ tablespoon caraway seeds.

German Rye and Caraway Bread

2 cups scalded milk
2 tablespoons sugar
2 tablespoons butter
1 teaspoon salt
1 yeast cake dissolved in ½ cup lukewarm water
2 tablespoons caraway seeds
6 cups rye flour
1½ cups fine entire wheat flour or bread flour

Make like White Bread, kneading in entire wheat flour and caraway seeds after first rising.

Rye Bread

Follow recipe for White Bread, using brown sugar in place of white and only 3 cups bread flour. After first rising, add rye meal to make dough stiff enough to knead.

Coarse Entire Wheat Bread I

(Or Muffins)

2 cups scalded milk
¼ cup sugar or
⅓ cup molasses
2 teaspoons salt
1 yeast cake dissolved in ¼ cup lukewarm water
4⅔ cups coarse entire wheat flour

Add sweetening and salt to milk. Cool and when lukewarm add dissolved yeast cake and flour. Beat well, cover, and let rise to double in bulk. Again beat and turn into greased bread pans, having pans half full. Let rise and bake (p. 35). Entire Wheat Bread should not quite double its bulk during last rising. This mixture may be baked in muffin pans.

Coarse Entire Wheat Bread II

(Or Muffins)

2 cups hot liquid (water or milk and water)
⅔ cup molasses
2½ teaspoons salt
3 tablespoons shortening
1 yeast cake dissolved in ¼ cup lukewarm water
3 cups flour
3 cups coarse entire wheat flour

Make like Coarse Entire Wheat Bread I. If for muffins, use 2½ cups liquid.

Third Bread

1 yeast cake
2 cups lukewarm water
½ tablespoon salt
½ cup molasses
1 cup rye flour
1 cup corn meal
3 cups flour

Dissolve yeast cake in water, add remaining ingredients, and mix thoroughly. Continue as in making Coarse Entire Wheat Bread I.

Rolled Oats Bread

(Or Muffins)

2 cups boiling water
½ cup molasses
½ tablespoon salt
1 tablespoon butter
1 yeast cake dissolved in ½ cup lukewarm water
1 cup rolled oats
5 cups flour

Add boiling water to oats and let stand one hour; add molasses, salt, butter, dissolved yeast cake, and flour. Let rise, beat thoroughly, turn into buttered bread pans, let rise again, and bake (p. 35).

Rolled Oats Bread with Nuts and Prunes

After first rising, add 1 cup chopped nuts or prunes, cut in pieces, to Rolled Oats Bread. Or, use ½ cup chopped nuts and 1 cup prunes.

Health Bread
(Or Muffins)

1 cup cooked wheat cereal (warm)
¼ cup brown sugar
½ teaspoon salt
1 tablespoon butter
1 yeast cake dissolved in
¼ cup lukewarm water
2¼ cups flour

Mix first four ingredients, add dissolved yeast cake and flour; then knead. Cover and let rise. Cut down, shape in loaves or fill muffin pans ⅔ full. Again let rise and bake in moderately hot oven (375° F.).

Date and Nut Bread

Use recipe for Health Bread, adding, after first rising, ⅔ cup, each, walnut meats and dates cut in pieces.

Cincinnati Coffee Bread or Nut Küchen

1 cup scalded milk
⅓ cup sugar
⅓ cup butter
½ teaspoon salt
1 yeast cake dissolved in
¼ cup lukewarm water
2 eggs, well beaten
Flour (about 3¾ cups)

Add sugar, butter, and salt to scalded milk. When lukewarm, add dissolved yeast cake, egg, and enough flour to make a stiff batter. Cover and let rise until mixture doubles in bulk. Cut down, beat thoroughly, and spread evenly in 2 buttered, round, layer-cake tins. Sprinkle with Nut Mixture, let rise, and bake 40 minutes, beginning with hot oven (450° F.) and decreasing after 10 minutes to moderate (350° F.). To prepare in 3 hours, use 2 yeast cakes.

Nut Mixture.

4 tablespoons sugar
1½ teaspoons cinnamon
1 cup soft, stale bread crumbs
4 tablespoons melted butter
4 tablespoons chopped blanched almonds

German Coffee Bread or Küchen

1 cup scalded milk
⅓ cup butter, or butter and other shortening
¼ cup sugar
½ teaspoon salt
1 egg or 2 egg yolks
1 yeast cake dissolved in
¼ cup lukewarm milk
½ cup raisins, stoned and cut in pieces
Flour (about 3¾ cups)

Add butter, sugar, and salt to milk. When lukewarm, add dissolved

yeast cake, egg, flour to make stiff batter, and raisins; cover and let rise. Spread in buttered dripping pan ½ inch thick. Cover and let rise again. Before baking, brush over with beaten egg, and cover with following mixture: Melt 3 tablespoons butter, add ⅓ cup sugar and 1 teaspoon cinnamon. When sugar is partially melted, add 3 tablespoons flour. Bake in moderately hot oven (375° F.).

Moravian Bread or Küchen

1 yeast cake dissolved in
¼ cup lukewarm water
1 cup hot mashed potatoes
2 cups scalded milk
2½ cups flour
1 egg, well beaten
⅜ cup butter
⅜ cup lard or other shortening
1 cup sugar
2 teaspoons salt
2¾ cups flour

When milk is lukewarm, add potatoes, dissolved yeast cake, and 2½ cups flour. Cover and let rise until light. Add egg, lard, butter, sugar, salt, and remaining flour. Turn into buttered dripping pan and spread evenly. Cover, let rise until light. Brush over with melted butter. Make parallel rows of ¾ inch depressions, with finger tip or knife handle. Put a bit of butter in each depression and fill with brown sugar. Sprinkle with 2 tablespoons brown sugar mixed with 1 teaspoon cinnamon. Bake 35 minutes in moderate oven (350° F.).

Swedish Bread

2½ cups scalded milk
1 yeast cake
Flour (about 7 cups)
½ cup melted butter
⅔ cup sugar
1 egg, well beaten
½ teaspoon salt
1 teaspoon almond extract

Straight Dough Method.

Make like White Bread (p. 36) adding egg and extract to the milk before adding flour.

Sponge Method.

Dissolve yeast cake in ½ cup milk which has been allowed to cool until lukewarm. Add ½ cup flour, beat thoroughly, cover, and let rise. When light, add remaining milk and 4½ cups flour. Stir until well mixed, cover, and again let rise; then add remaining ingredients and 1½ cups flour. Toss on floured cloth and knead,

using ½ cup flour; cover and let rise again. Shape (see below) and bake 20 minutes in moderate oven (350° F.).

Swedish Tea Braid

Cut off 3 pieces of Swedish Bread mixture of equal size and roll, using the hands, in pieces of uniform size; then braid. Put on a buttered cooky sheet, cover, and let rise. Brush over with 1 egg yolk, slightly beaten, and diluted with ½ tablespoon cold water. Sprinkle with finely chopped blanched almonds. Bake 20 minutes in moderate oven (350° F.).

Swedish Tea Ring I

Shape Swedish Bread like Tea Braid, form in ring, and proceed as with Tea Braid, having almonds cut in slices crosswise.

Swedish Tea Ring II

Take ⅓ Swedish Bread mixture and shape, using the hands, in long roll. Put on an unfloured board and roll with rolling-pin as thin as possible. Mixture will stick to board but may easily be lifted with a knife. Spread with melted butter, sprinkle with sugar and chopped blanched almonds, or cinnamon. Roll like a jelly roll, trim, if necessary, and join ends to form ring. Place on a buttered cooky sheet, cut with scissors, holding scissors perpendicularly, and shape. Let rise and proceed as with Tea Ring I.

CUTTING SWEDISH TEA RING II IN POINTS

ROLLS

Standard Rolls

2 cups scalded milk
3 tablespoons butter
2 tablespoons sugar
2 teaspoons salt
1 yeast cake dissolved in
¼ cup lukewarm water
Flour (about 5½ cups)

1 or 2 egg whites or 1 or 2 eggs, well beaten, may be added, if desired. For richer rolls, add 2 or 3 tablespoons butter.

Straight Dough Method.

Mix like White Bread (p. 36). If egg is used, add with yeast.

Sponge Method.

Add butter, sugar, and salt to milk. When lukewarm, add dissolved yeast cake and 3 cups flour. Beat thoroughly, cover, and let rise until light; cut down, add egg if used, and enough flour to knead (about 2½ cups). Let rise until double in bulk, and toss on slightly floured cloth or board. Knead and shape (see below). Cover with cloth and board or cooky sheet and let rise until double in bulk. Bake in hot oven (425° F.) 12 to 15 minutes. All the dough may be used at once, or part may be used and the rest covered and kept in refrigerator to be used later.

To reduce the time somewhat, biscuits may be shaped as soon as mixed.

ASSORTED ROLLS

BRIOCHE OR COFFEE ROLL. CLOVER LEAF BISCUIT. BREAD STICKS. SALAD ROLL. ROUND BISCUIT. PARKER HOUSE ROLL. TINY PARKER HOUSE ROLL

Round Biscuits

Follow Standard Roll recipe. When ready to shape, pull off as many small pieces of dough (having them of uniform size) as there are to be biscuits. Hold piece with thumb and first finger of left hand; with right hand fold dough from top under, constantly moving dough round and round until it is perfectly smooth on top and there are no creases underneath. Place in greased muffin tins or in greased pans near together. Brush between with melted butter, so that biscuits will separate easily after baking.

Clover Leaf Rolls

Follow Standard Roll recipe. Shape in tiny balls, brush edges with melted butter, place 3 in each section of greased muffin tins.

Finger Rolls

Shape Round Biscuits and roll with one hand on part of board where there is no flour, until of desired length, care being taken to make smooth and of uniform size, and round at ends.

Parker House Rolls I

Follow Standard Roll recipe. When ready to shape pat and roll out ⅓ inch thick, cut out with biscuit cutter or Parker House roll cutter, first dipped in flour. Dip the handle of a case knife in flour and with it make a crease through the middle of each piece; brush over half of each piece with melted butter, fold, and press edges together. Place in greased pan 1 inch apart.

Parker House Rolls II

Follow Standard Roll recipe. Cut or tear off small pieces of dough and shape round, like a biscuit. Place in rows on floured board, cover with cloth and pan, and let rise until light. With handle of large wooden spoon or toy rolling-pin, crease through center of each biscuit, brush edge of lower halves with melted butter, fold, press lightly, and place in buttered pan 1 inch apart.

Salad, Dinner, or Reception Rolls

Follow Standard Roll recipe. Shape in small biscuits, place in rows on floured board, cover with cloth and pan, and let rise until light and well puffed. Flour handle of wooden spoon and make a deep crease in the middle of each biscuit, take up, and press edges together. Place closely in buttered pan, brushing with butter between biscuits.

Orange Rolls

Follow Standard Roll recipe. Roll ⅓ inch thick and shape with small round cutter. Press a lump of sugar dipped in orange juice into each. Sprinkle with grated orange rind.

Cheese Biscuits

Follow Standard Roll recipe. Roll ⅓ inch thick, sprinkle with grated cheese, and cut out with small round cutter.

Rosebud Biscuits

Follow Standard Roll recipe. Roll ¼ inch thick, spread with softened butter, and roll up like jelly roll. Cut in ¾ inch pieces. Place in buttered pan, close together, cut side down. Let rise until double in bulk and bake 20 minutes in hot oven (400° F.).

Swedish Rolls

Follow recipe for Rosebud Biscuits. Before rolling up, sprinkle with 2 tablespoons sugar, ⅓ teaspoon cinnamon, ⅓ cup seeded raisins, and 2 tablespoons chopped citron.

Butterscotch Biscuits

Prepare Rosebud Biscuits, but sprinkle with brown sugar before rolling up. Melt 4 tablespoons butter in pan and cover with ¾ cup brown sugar. Brush sides of rolls with melted butter. Place close together on sugar and butter mixture in pan, cut side down. Let rise until doubled in bulk. Bake 25 minutes in moderately hot oven (375° F.). Serve butterscotch side up.

Butterscotch Pecan Rolls

Follow rule for Butterscotch Biscuits. Before placing biscuits in pan, sprinkle butter and sugar mixture with ½ cup pecan nut meats, cut in pieces. Almond meats may be used.

Rasped Rolls

Follow Standard Roll recipe. Shape in biscuits, then roll from center, using the hands, to form rolls 4 inches long and pointed at ends;

arrange on buttered sheet, cover, let rise, and bake in hot oven (425° F.). Cool slightly, remove outside crust with grater, return to oven, and bake 5 minutes in hot oven (425° F.).

Wreaths

Work into 1 cup bread dough ½ cup butter and ¼ cup lard, using hands or pastry mixer. When thoroughly blended, toss on floured board and knead, using just enough flour to prevent sticking. Cut off pieces and roll like small bread sticks; then shape into rings. Dip upper surface in Jordan almonds, blanched, chopped, and seasoned with salt. Arrange on buttered baking sheet and bake in hot oven (400° F.) until delicately browned.

Bread Sticks

1 cup scalded milk
¼ cup butter
1½ tablespoons sugar
½ teaspoon salt
1 yeast cake dissolved in ¼ cup lukewarm water
1 egg white, well beaten
3½ cups flour

Add butter, sugar, and salt to milk. When lukewarm, add dissolved yeast cake, egg white, and flour. Knead, let rise, shape, and put 1 inch apart on cooky sheet, or in bread-stick pans. Let rise again and start baking in hot oven (425° F.). After 5 minutes reduce heat to moderate (350° F.), that sticks may be crisp and dry. *To shape sticks*, first shape into small biscuits, roll on board (where there is no flour) with hands until 8 inches long, keeping of uniform size and rounded ends, which may be done by bringing fingers close to, but not over, ends of sticks. This mixture may also be shaped in any of the ways suggested for Standard Roll Mixture.

Bowknot Rolls

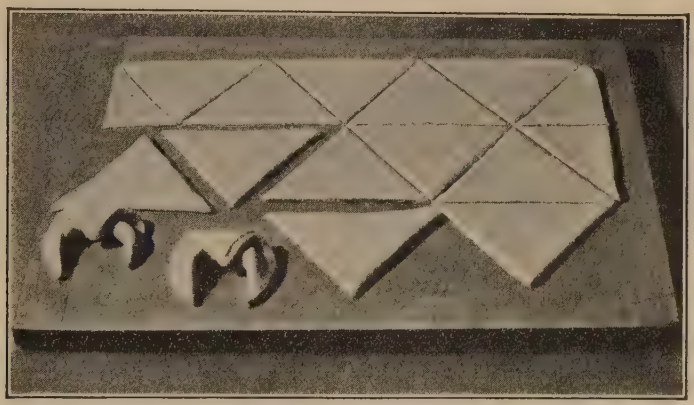
Follow Bread Stick recipe. Roll ¼ inch thick, cut strips ¾ inch wide, and braid.

Salad Sticks

Follow recipe for Bread Sticks. Let rise and add salt to dough, allowing 2 teaspoons to each cup of dough. Shape in small sticks, let rise again, sprinkle with salt, and bake in slow oven (300° F.). If preferred glazed, brush over with egg yolk slightly beaten and diluted with ½ tablespoon cold water.

Parmesan Cheese Sticks

Toss 1 cup bread dough on a floured board, pat and roll in rectangular shape as thin as possible. Spread with 1 tablespoon butter, dredge with flour, and fold from ends to make 3 layers. Repeat 3 times and cut in finger-shaped pieces. Arrange on cooky sheet, cover, let stand 15 minutes, and bake in hot oven (425° F.). Remove from oven, brush over with egg white, and roll in grated Parmesan cheese, seasoned with salt and cayenne. Return to oven and bake 4 minutes.



USE A RULER TO MEASURE DOUGH FOR CROSSETT ROLLS

Crossett Rolls

1 cup scalded milk	1 yeast cake dissolved in
1 tablespoon lard	¼ cup lukewarm water
1 tablespoon sugar	Flour (about 2½ cups)
¾ teaspoon salt	1 cup butter

Add lard, sugar, and salt to milk. When lukewarm, add dissolved yeast cake and flour to knead. Toss on slightly floured cloth, knead, return to bowl, cover, let rise until doubled in bulk. Chill in refrigerator. Toss on slightly floured cloth, pat and roll into rectangle, ¼ inch thick. Spread with 4 tablespoons creamed butter and fold from ends toward center, making 3 layers. Turn ¼ way round, pat, roll out as before, and again spread with 4 tablespoons creamed butter. Repeat twice. Chill 2 hours or longer. Toss on floured cloth, pat and roll into rectangle 21 inches by 12 inches, measuring carefully.

Cut as in illustration to avoid reshaping or wasting dough. Roll, beginning on diagonal, and shape in crescent fashion. Place on cooky sheet covered with brown paper. Chill 20 minutes. Bake 20 minutes, beginning with hot oven (450° F.) and decreasing, as rolls brown, to moderate (350° F.).

Refrigerator Rolls

1 yeast cake dissolved in
1 cup lukewarm water
½ cup butter
½ cup other shortening
¾ cup sugar
1 cup hot mashed potatoes
1 cup cold water
1 teaspoon salt
Flour (6 to 6½ cups)

Add shortening, sugar, and potatoes to yeast cake and water. Let stand 2 hours in warm room. Add cold water, salt, and enough flour to make stiff dough. Let stand, covered, in refrigerator 24 hours. Shape in any of the ways suggested above. Let rise 2 hours before baking. This mixture may be kept in refrigerator several days and baked as needed.

Luncheon Rolls

½ cup scalded milk
2 tablespoons sugar
½ teaspoon salt
½ yeast cake dissolved in
2 tablespoons lukewarm water
2 tablespoons melted butter
1 egg
Few gratings from rind of lemon
Flour (about 2 cups)

Add sugar, salt, and butter to milk; when lukewarm, add dissolved yeast cake, egg, lemon rind, and flour. Beat thoroughly. Cover and let rise. Add more flour if necessary, knead slightly, and roll ½ inch thick. Shape with small biscuit cutter, place in buttered pan close together, let rise again, and bake. To make in 3 hours, use 1½ yeast cakes. This mixture may be shaped like Coffee Rolls (p. 51).

Cream Bread Fingers

½ cup heavy cream
2 tablespoons sugar
¼ tablespoon salt
1 yeast cake dissolved in
¼ cup lukewarm water
1¼ cups flour

Scald cream and add sugar and salt; when lukewarm, add dissolved yeast cake and flour. Toss on slightly floured board and knead. Return to bowl, cover, let rise, toss on slightly floured board, and pat and roll ¼ inch thick. Shape with lady-finger cutter, first dipped in flour, arrange on buttered cooky sheet, cover, again let

rise, and bake in moderately hot oven (375° F.). Brush over with 2 tablespoons milk, mixed with 1 tablespoon sugar, and return to oven to glaze.

Sweet French Rolls

1 cup milk
1 yeast cake dissolved in
¼ cup lukewarm water
Flour
¼ cup sugar
1 teaspoon salt
1 egg
1 egg yolk
⅛ teaspoon mace
¼ cup melted butter

Make like Standard Rolls (p. 42) using Sponge Method, adding mace with flour and eggs after sponge has become light. Shape like Rosebud Biscuits (p. 44). A few gratings from the rind of a lemon or ½ teaspoon lemon extract may be used in place of mace.

French Rusks

2 cups scalded milk
¼ cup butter
¼ cup sugar
1 teaspoon salt
Flour (about 6 cups)
1 yeast cake dissolved in
¼ cup lukewarm water
1 egg, well beaten
2 egg yolks, well beaten
1 egg white
¾ teaspoon vanilla

Make like Standard Rolls (p. 42), using Sponge Method and adding egg and egg yolks after sponge has become light. Shape like Parker House Rolls (p. 44). Before baking, make 3 parallel creases on top of each roll. Start baking in hot oven (450° F.) decreasing to moderately hot (375° F.) after 5 minutes. When nearly done, brush over with egg white beaten slightly and diluted with 1 tablespoon cold water and vanilla. Sprinkle with sugar. Juice and rind of ½ lemon may be added after first rising, if desired.

Rusks (Zwieback)

½ cup scalded milk
½ teaspoon salt
2 yeast cakes
¼ cup sugar
¼ cup melted butter
3 eggs
Flour

Add yeast cakes to milk when lukewarm; then add salt and 1 cup flour and let rise until very light. Add sugar, butter, eggs — unbeaten — and flour enough to handle. Shape like Finger Rolls (p. 43) and place close together on greased cooky sheet in parallel rows, having

rows 2 inches apart. Let rise again and bake 20 minutes in moderately hot oven (375° F.). When cold, cut diagonally in half-inch slices, and brown evenly in slow oven (275° F.).

Potato Biscuit

¾ cup shortening
½ cup sugar
1 cup hot riced potatoes
1½ teaspoons salt
1 cup milk
1 yeast cake dissolved in
¼ cup lukewarm water
2 egg yolks, beaten
2 egg whites, beaten
Flour (5½ cups)

Combine shortening, sugar, potatoes, salt, milk, 1 cup flour, dissolved yeast cake, and eggs. Cover, let rise until light. Add 4½ cups flour, cover, and again let rise. Toss on floured board, pat, and roll ¼ inch thick. Shape with small round cutter. Put together in pairs with butter between. Let rise and bake in hot oven (425° F.).

Squash Biscuits

½ cup squash (steamed and strained)
¼ cup sugar
½ teaspoon salt
½ cup scalded milk
¼ yeast cake dissolved in
¼ cup lukewarm water
¼ cup butter
2½ cups flour

Add squash, sugar, salt, and butter to milk. When lukewarm, add dissolved yeast cake and flour; cover and let rise overnight. Shape into biscuits, let rise, and bake in moderately hot oven (375° F.).

Plain Buns

1 cup scalded milk
1 tablespoon sugar
1 yeast cake
1 cup flour
⅔ teaspoon salt
¼ cup butter
1 tablespoon lard or other shortening
¼ cup sugar
Grated rind ½ lemon
½ cup raisins or currants
Flour

Add sugar to milk, and when lukewarm add yeast cake, broken in small pieces. Cover and let stand 20 minutes; then add 1 cup flour and salt. Cover and let rise until light. Work butter and lard until creamy and add sugar, gradually, and lemon rind. Combine mixtures and add flour to make stiff batter (about 1½ cups). Cover, again let rise, add raisins (seeded and cut in pieces) or currants, and enough more flour to make a soft dough. Cover, again let rise, shape in large

biscuits, arrange on buttered tin sheet 1 inch apart, cover, let rise, brush over with egg yolk diluted with 1 teaspoon cold water, and bake 20 minutes in moderately hot oven (375° F.).

Hot Cross Buns

1 cup scalded milk
¼ cup sugar
2 tablespoons butter
½ teaspoon salt
1 yeast cake dissolved in
¼ cup lukewarm water
¾ teaspoon cinnamon
3 cups flour
1 egg, well beaten
¼ cup raisins, stoned and quartered, *or*
¼ cup currants

Add butter, sugar, and salt to milk. When lukewarm, add dissolved yeast cake, cinnamon, flour, and egg; when thoroughly mixed, add raisins, cover, and let rise until light. Shape large biscuits, place in pan one inch apart, let rise, brush over with beaten egg, and bake 20 minutes in moderately hot oven (375° F.). Garnish each with cross made of Ornamental Frosting I (p. 697), made with 1 egg white. Put on with pastry bag and tube, if desired.

Russell Buns

1¼ cups scalded milk
1 yeast cake dissolved in
¼ cup lukewarm water
3¾ cups flour
½ cup sugar
1 teaspoon cinnamon
1 teaspoon salt
2 eggs
1 tablespoon butter
1 tablespoon lard
½ cup currants

When milk is lukewarm, add dissolved yeast cake and 3 cups flour; cover and let rise until mixture is light. Add remaining flour with other ingredients, except currants; cover and again let rise until mixture doubles in bulk. Turn on floured cloth and knead in currants. Shape into biscuits, place in buttered pan close together, cover, and let rise. Brush tops with milk and bake in moderately hot oven (375° F.) 25 minutes. Take from oven, brush over with melted butter, and sprinkle with powdered sugar.

Coffee Rolls

2 cups scalded milk
1½ yeast cakes
½ cup butter
½ cup lard
½ cup sugar
Flour (about 6 cups)
1 egg
½ teaspoon cinnamon
1 teaspoon salt
Melted butter
Confectioners' sugar
Vanilla

When milk is lukewarm, add yeast cakes, and as soon as dissolved add 3½ cups flour. Beat thoroughly, cover, and let rise. Add butter, lard, sugar, egg unbeaten, cinnamon, salt, and flour enough to knead. Roll into long, rectangular piece ¼ inch thick. Brush over with melted butter, fold from ends toward center to make 3 layers, and cut off pieces ¾ inch wide. Cover and let rise. Take each piece separately in hands and twist from ends in opposite directions, then shape in a coil. Place in buttered pans, cover, again let rise, and bake 20 minutes in moderate oven (350° F.). Cool slightly and brush over with confectioners' sugar moistened with boiling water and flavored with vanilla.

Holland Brioche Cakes

1 cup scalded milk	2 eggs, well beaten
⅓ cup sugar	⅓ cup melted butter
1 yeast cake	¼ teaspoon salt
3 cups flour	Grated rind ½ lemon

Add sugar to milk. When mixture is lukewarm, add yeast cake broken in pieces, and when yeast cake is dissolved, add 1½ cups flour; cover and let rise until full of bubbles. Add eggs and remaining ingredients. Cover and again let rise. Shape, let rise, and bake like Coffee Rolls.

Coffee Cakes (Brioche)

1 cup scalded milk	½ cup sugar
4 egg yolks	2 yeast cakes
3 eggs	½ teaspoon lemon extract or
⅔ cup butter	2 pounded cardamon seeds
	4⅔ cups flour

Cool milk. When lukewarm, add yeast cakes, and when they are dissolved add remaining ingredients and beat thoroughly 10 minutes. Let rise 6 hours. Chill in refrigerator overnight. Finish like Coffee Rolls (p. 51).

Baba Cakes

To 1½ cups Brioche dough, add ⅓ cup each of raisins seeded and cut in pieces, currants, and citron thinly sliced, previously soaked in maraschino sirup for one hour. Shape in large biscuits. Place in buttered muffin pans. Cover, let rise, and bake 25 minutes in moderately hot oven (375° F.).

Flûtes

Shape Brioche dough like Bread Sticks. Place on a buttered sheet, cover, and let rise 15 minutes. Brush over with an egg white, slightly beaten and diluted with ½ tablespoon cold water. Sprinkle with powdered sugar and bake 10 minutes in moderate oven (350° F.). These are delicious served with coffee or chocolate.

Raised Muffins

1 cup scalded milk
1 cup boiling water
2 tablespoons butter
¼ cup sugar
¾ teaspoon salt
1 yeast cake
1 egg, well beaten
4 cups flour

Add butter, sugar, and salt to milk and water. When lukewarm, add yeast cake and, when dissolved, egg and flour. Beat thoroughly. Cover, let rise until light. Fill buttered muffin pans ⅔ full. Let rise until pans are full. Bake 30 minutes in moderately hot oven (375° F.).

Tea Cakes

1 cup scalded milk
4 tablespoons butter
2 tablespoons sugar
1 teaspoon salt
1 yeast cake
2 tablespoons milk
1 egg, slightly beaten
3 cups flour

Make like Raised Muffins (see above).

Flume Flannel Cakes

1½ cups milk
¼ cup sugar
½ cup butter
½ teaspoon salt
½ yeast cake
4 cups flour
2 egg whites, beaten stiff

Scald milk and add sugar, butter, and salt. When lukewarm, add yeast cake and, when yeast is dissolved, flour. Mix thoroughly and add egg whites. Cover and let rise overnight, cut down, turn into buttered, heavy muffin pans, having pans half full of mixture. Let rise. Bake 20 minutes in hot oven (400° F.).

Sally Lunn Tea Cakes

2 tablespoons butter
2 tablespoons sugar
½ teaspoon salt
1 cup scalded milk
1 yeast cake dissolved in
¼ cup lukewarm water
3 eggs, well beaten
Flour

Put butter, sugar, and salt in bowl, pour over scalded milk, and make like Raised Muffins (p. 53).

Imperial Muffins (Raised Corn Meal Muffins)

1 cup scalded milk
¼ cup sugar
½ teaspoon salt
1¾ cups flour
1 yeast cake dissolved in
¼ cup lukewarm water
1 cup corn meal
¼ cup melted butter

Make like Raised Muffins (p. 53).

Raised Hominy Muffins

1 cup warm cooked hominy
¼ cup butter
1 cup scalded milk
3 tablespoons sugar
1 teaspoon salt
1 yeast cake dissolved in
¼ cup lukewarm water
3¼ cups flour

Mix first five ingredients. When lukewarm, add dissolved yeast cake and flour. Cover and let rise until light. Cut down, fill buttered gem pans ⅔ full, let rise 1 hour, and bake in moderate oven (375° F.). Unless cooked hominy is rather stiff, more flour will be needed.

Raised Rice Muffins

Make like Raised Hominy Muffins (see above), using 1 cup hot boiled rice in place of hominy and adding 2 egg whites, beaten stiff.

Raised Oatmeal Muffins

¾ cup scalded milk
¼ cup sugar
½ teaspoon salt
¼ yeast cake dissolved in
¼ cup lukewarm milk
1 cup cold cooked oatmeal
2½ cups flour

Add sugar and salt to scalded milk. When lukewarm, add dissolved yeast cake. Work oatmeal into flour with tips of fingers and add to first mixture. Beat thoroughly, cover, and let rise overnight. Fill buttered iron gem pans ⅔ full, let rise in warm place that pan may gradually heat and mixture rise to fill pan. Bake in moderate oven (375° F.) 25 to 30 minutes.

Grilled Muffins

Put buttered muffin rings on hot greased griddle. Fill half full with Raised Muffin (p. 53) mixture and cook slowly until well risen and

browned underneath; turn muffins and rings and brown the other side. This is a convenient way of cooking muffins when oven is not used.

SERVE TOASTED ENGLISH MUFFINS VERY HOT

English Muffins

½ cup scalded milk	1 yeast cake dissolved in
1 cup water	1 tablespoon water
1 tablespoon salt	3 tablespoons shortening
1 tablespoon sugar	4 cups bread flour

When milk is lukewarm, add water, salt, sugar, dissolved yeast cake, and 2 cups flour. Beat well. Let rise to double in bulk. Add shortening (slightly softened) and remaining flour. Beat and knead thoroughly to insure fine texture. Let rise until double in bulk. Place on slightly floured board. Flatten with rolling-pin to ¾ inch in thickness. Let stand until light. Cut with cutter 2½ inches in diameter. Bake 15 minutes on hot buttered griddle, turning several times during cooking. Cut-out muffins may be kept in refrigerator until wanted.

CHAPTER 5

TOAST AND CRUMBS

Dry Toast

Cut stale bread in ¼ inch slices. Crust may or may not be removed. Toast on electric toaster, on rack under flame in gas oven, or put slices on wire toaster, lock toaster and place over clear fire to dry, holding some distance from coals; turn and dry other side; hold nearer to coals and color a golden brown on each side. Toast, if piled compactly and allowed to stand, will soon become moist. Toast may be buttered at table or before sending to table.

Melba Toast

Cut stale bread in very thin slices. Arrange in dripping pan and bake in slow oven (325° F.) until thoroughly dried out and delicately brown.

Toasted English Muffins

Split English Muffins (p. 55) or pull apart with fork. Brush cut side generously with melted butter. Toast in broiler, buttered side only. Serve hot with jam or marmalade.

Toasted English Muffins with Cheese

Prepare English Muffins as above, sprinkling with grated cheese before toasting, or arrange a thin round slice of soft cheese on each.

Water Toast

Dip slices of dry toast quickly in boiling salted water, allowing ½ teaspoon salt to 1 cup boiling water. Spread slices with butter and serve at once.

Cinnamon Toast I

Cut stale bread in ¼ inch slices, remove crusts, and cut in 3 pieces, crosswise. Toast, spread with butter, and sprinkle with sugar mixed with cinnamon, using 3 parts sugar to 1 part cinnamon. Let stand in oven until sugar has melted.

Cinnamon Toast II

Toast one side, spread with melted butter, sprinkle with sugar and cinnamon mixture as in Cinnamon Toast I, and toast in broiler, buttered side up, until mixture is melted.

Orange Toast

Cut stale bread in ¼ inch slices, remove crusts, and cut in 3 pieces crosswise. Toast one side, brush other side with melted butter, and sprinkle with ½ cup sugar to which has been added ¼ cup grated orange rind and 2 tablespoons orange juice. Toast in broiler until mixture bubbles.

Milk Toast I

1 pint scalded milk
2 tablespoons butter
2½ tablespoons bread flour
½ teaspoon salt
4 tablespoons cold water
6 slices dry toast

Add cold water gradually to flour to make a smooth, thin paste. Add part of milk, stirring constantly until thickened. When smooth, add rest of milk, cover, and cook 20 minutes; then add salt and butter in small pieces. Dip slices of toast separately in sauce; when soft, remove to serving dish. Pour remaining sauce over all.

Milk Toast II

Dip pieces of toast separately in White Sauce I (p. 343). Pour over remaining sauce.

Brown Bread Milk Toast

Make same as Milk Toast, using slices of toasted brown bread in place of white bread. Brown bread is better toasted by first drying slices in oven.

Cream Toast

Substitute cream for milk and omit butter in recipe for Milk Toast I or II.

Tomato Cream Toast

1½ cups stewed and strained tomato
½ cup scalded cream
¼ teaspoon soda
3 tablespoons butter
3 tablespoons flour
½ teaspoon salt
6 slices toast

Put butter in saucepan; when melted and bubbling, add flour mixed with salt, and stir in gradually tomato to which soda has been added, then add cream. Dip slices of toast in sauce. Serve as soon as made.

German Toast

3 eggs — 2 tablespoons sugar
½ teaspoon salt — 1 cup milk
6 slices stale bread

Beat eggs slightly, add salt, sugar, and milk; strain into a shallow dish. Soak bread in mixture until soft. Cook on hot, well-greased griddle or in frying pan; brown on one side, turn and brown other side. Serve for breakfast or luncheon, or with a sauce for dessert.

Brewis

Break stale bits or slices of brown and white bread in small pieces, allowing 1½ cups brown bread to ½ cup white bread. Butter a hot frying pan, put in bread, and cover with equal parts milk and water. Cook until soft; add butter and salt to taste.

Toast for Garnishing

Dry toast cut in various shapes is often used for garnishing. Shape before toasting. Cubes of bread, toast points, and small oblong pieces are the most common. Half-inch cubes, browned in butter or fried in deep fat, are called croûtons. See Croustâdes (p. 487).

Soft or Stale Bread Crumbs

Remove crusts from soft stale bread. Break in pieces, crumble, or put through colander.

Dry Bread Crumbs

Dry stale bread thoroughly in oven. Roll and sift.

Buttered Crumbs

1½ tablespoons butter — ⅓ cup cracker or bread crumbs

Melt butter, add crumbs, and mix gently with fork.

CHAPTER 6

BAKING-POWDER BISCUITS, MUFFINS, AND QUICK BREADS

Unfermented bread is raised without yeast or other ferment.

Some mixtures, such as pop-overs, are made light by beating sufficiently to enclose a large amount of air, which expands in the hot oven. The heat also changes the liquid in the mixture to steam, thereby increasing the expansion.

Baking-powder mixtures are made light by the liberation of gas in the mixture. Baking powder is composed of bicarbonate of soda and an acid (cream of tartar, calcium acid phosphate, or sodium aluminum sulphate) in correct proportions, mixed with a small quantity of dry material (flour or cornstarch). The gas in soda is set free by the acid; to accomplish this, moisture and heat are both required. As soon as moisture is added to baking-powder mixtures, the gas begins to escape; hence the necessity of baking as soon as possible. In using baking powder, allow two teaspoons baking powder to each cup of flour, when eggs are not used; to egg mixtures allow one and one-half teaspoons baking powder. If baking powder only is used for raising, bake mixture in hot oven (425° F.–475° F.).

To use soda and cream of tartar in place of baking powder. Use half as much cream of tartar as baking powder required in recipe and half as much soda as cream of tartar.

Soda and the acid in molasses, sour milk, lemon juice, and vinegar also combine to liberate gas. One cup sour milk requires one-half teaspoon soda. One cup molasses requires one teaspoon soda. One tablespoon vinegar or lemon juice requires three-eighths teaspoon soda. Omit one teaspoon baking powder for every one-fourth teaspoon soda added to a mixture.

Baking-Powder Biscuits

2 cups bread flour
5 teaspoons baking powder
1 teaspoon salt
2 tablespoons shortening
¾ to 1 cup milk or half milk and half water

For shortening, use all butter, all lard or other cooking fat, or use half of each. Mix dry ingredients and sift twice. Work in shortening with finger tips or pastry mixer. Add liquid gradually, mixing with knife to soft dough. It is impossible to determine the exact amount of liquid, owing to differences in flour. Toss on floured board, pat, and roll lightly ½ inch thick. Shape with biscuit cutter. Place on buttered cooky sheet, bake 12 to 15 minutes in hot oven (450° F.). If baked in too slow an oven, gas will escape before it has done its work.

Butterscotch Biscuits (with Baking Powder)

Make like Butterscotch Biscuits (p. 45), using Baking-powder Biscuit dough.

Butterscotch Pecan Rolls (with Baking Powder)

Make like Butterscotch Pecan Rolls (p. 45), using Baking-powder Biscuit dough.

Cheese Biscuits

Follow recipe for Baking-powder Biscuits, adding ½ cup grated cheese to dry ingredients.

Emergency Drop Muffins

Make Baking-powder Biscuit mixture, using 1¼ cups liquid. Drop by spoonfuls in buttered muffin tins or on buttered cooky sheet.

Fruit Rolls (Pinwheel Biscuits)

Baking-powder Biscuit mixture
Melted butter
2 tablespoons sugar
⅓ cup seedless raisins
⅓ teaspoon cinnamon
2 tablespoons citron finely chopped

Roll biscuit mixture ¼ inch thick. Brush over with butter and sprinkle with sugar, cinnamon, and fruit. Roll up like jelly roll. Cut off pieces ¾ inch thick. Bake 15 minutes in hot oven (450° F.).

Orange Biscuits

Follow recipe for Baking-powder Biscuits. Before baking, press lump of sugar dipped in orange juice in each and sprinkle with grated orange rind. Or place 1 teaspoon orange marmalade on each.

CREAM SCONES ARE DELICIOUS WITH TEA OR SUNDAY NIGHT SUPPER

Cream Scones

2 cups flour
4 teaspoons baking powder
2 teaspoons sugar
½ teaspoon salt
4 tablespoons butter
2 eggs
⅓ cup cream or milk

Mix and sift dry ingredients. Work in butter with pastry mixer, fork, or finger tips; add eggs well beaten (reserving a small amount of unbeaten white) and cream. Toss on floured board, pat, and roll ¾ inch thick. Cut in squares, diamonds, or triangles, brush with reserved egg-white diluted with 1 teaspoon water, sprinkle with sugar, and bake 15 minutes in hot oven (450° F.).

Plain Muffins

2 cups flour
4 teaspoons baking powder
½ teaspoon salt
2 tablespoons sugar
1 cup milk
2 tablespoons melted butter
1 egg, well beaten

Quick Method. Combine dry ingredients. Combine liquid ingredients and add to dry mixture as quickly as possible, mixing only enough to dampen flour.

Cake Method. Cream butter, add sugar gradually, and egg. Sift dry ingredients and add, alternately with milk, to first mixture.

Drop by spoonfuls in buttered muffin pans and bake 25 minutes in hot oven (400° F.).

Queen of Muffins

1½ cups flour
2½ teaspoons baking powder
⅓ cup sugar
½ teaspoon salt
¼ cup milk
1 egg, well beaten
¼ cup melted butter

Mix and bake like Plain Muffins (p. 61).

Tea Muffins

2 cups flour
2 teaspoons cream of tartar
1 teaspoon soda
1 teaspoon salt
½ cup sugar
1 cup milk
1 egg, well beaten
3 tablespoons melted butter

Mix and bake like Plain Muffins (p. 61).

Twin Mountain Muffins

2 cups bread flour
¼ cup sugar
¼ cup melted butter
1 egg, well beaten
1 cup milk
½ teaspoon salt
5 teaspoons baking powder

Mix and bake like Plain Muffins (p. 61).

Berkshire Muffins

½ cup corn meal
½ cup flour
½ cup cooked rice
2 tablespoons sugar
½ teaspoon salt
⅔ cup scalded milk (scant)
1 egg
1 tablespoon melted butter
3 teaspoons baking powder

Turn scalded milk on meal, let stand 5 minutes; add rice, and flour mixed and sifted with remaining dry ingredients. Add egg yolk well beaten, butter, and egg white beaten stiff. Bake in muffin pans in hot oven (400° F.).

Berry Muffins I

Add 1 cup blueberries or huckleberries to Plain Muffin mixture. Mix and bake like Plain Muffins (p. 61).

Berry Muffins II

(Without Eggs)

2 cups flour
¼ cup sugar
4 teaspoons baking powder
½ teaspoon salt
2 tablespoons butter
1 cup milk (scant)
1 cup berries

Mix and bake like Plain Muffins (p. 61).

Bran Muffins

1 cup flour
1 teaspoon soda
1 teaspoon salt
2 cups bran
1¼ cup milk
½ cup molasses
1 egg, well beaten

Mix and sift flour, soda, and salt. Add bran, milk, molasses, and egg. Bake in buttered muffin tins 30 to 40 minutes in moderately hot oven (375° F.). The egg may be omitted.

Bran Muffins with Raisins

Follow recipe for Bran Muffins, adding ¾ cup seeded raisins to bran.

Corn-Meal Crisps

⅞ cup corn meal
1 cup boiling water
2½ tablespoons melted butter
½ teaspoon salt

Add corn meal gradually to boiling water and when smooth add butter and salt. Spread ⅛ inch thick on buttered, inverted dripping pan, using a long, broad-bladed knife. Bake in moderate oven (350° F.) until well browned. Cut in 2½ inch squares, remove from pan, and serve at once.

Corn-Meal Gems

½ cup corn meal
1 cup flour
3 teaspoons baking powder
1 tablespoon sugar
½ teaspoon salt
1 tablespoon melted butter
¾ cup milk
1 egg, well beaten

Mix and bake like Plain Muffins (p. 61).

Forest Hall Corn Sticks

1 cup corn meal
¾ cup flour
3 teaspoons baking powder
½ teaspoon salt
½ cup hot, boiled hominy
¼ cup butter
1 cup milk
1 egg, well beaten

Sift together corn meal, flour, baking powder, and salt; then add hominy, mixed with butter, milk, and egg. Turn into buttered breadstick pans and bake 20 minutes in moderate oven (350° F.).

Graham Muffins I

1¼ cups coarse entire wheat flour
1 cup flour
1 cup sour milk
⅓ cup molasses
¾ teaspoon soda
1 teaspoon salt
2 tablespoons melted butter

Mix and bake like Plain Muffins (p. 61). Do not sift entire wheat flour.

Graham Muffins II

1 cup entire wheat flour
¾ cup flour
¼ cup sugar
1 teaspoon salt
1 cup milk
1 egg, well beaten
3 tablespoons melted butter
5 teaspoons baking powder

Mix and bake like Plain Muffins (p. 61).

Hominy Gems

¼ cup hominy
½ teaspoon salt
½ cup boiling water
1 cup scalded milk
1 cup corn meal
3 tablespoons sugar
3 tablespoons butter
2 eggs
3 teaspoons baking powder

Add hominy mixed with salt to boiling water and let stand until hominy absorbs water, or use ½ cup cooked hominy. Add scalded milk to corn meal, then add sugar and butter. Combine mixtures, cool slightly, add egg yolks beaten until thick, and egg whites beaten until stiff. Sift in baking powder and beat thoroughly. Bake in buttered muffin pans in hot oven (400° F.).

Oatmeal Muffins

1 cup cooked oatmeal
1½ cups flour
2 tablespoons sugar
4 teaspoons baking powder
½ teaspoon salt
½ cup milk
1 egg, well beaten
2 tablespoons melted butter

Add oatmeal to milk. Mix and bake like Plain Muffins (p. 61).

Rice or Cereal Muffins

2¼ cups flour
¾ cup cooked rice or other cereal
5 teaspoons baking powder
2 tablespoons sugar
1 cup milk
1 egg, well beaten
2 tablespoons melted butter
½ teaspoon salt

Add cereal to milk. Mix and bake like Plain Muffins (p. 61).

Rolled Oats Muffins

2 cups rolled oats
1½ cups sour milk
¼ cup melted butter
⅓ cup sugar
1 egg, well beaten
1 teaspoon soda
½ teaspoon salt
1 cup flour

Soak rolled oats in sour milk overnight. Add remaining ingredients; fill buttered gem pans with mixture and bake in moderately hot oven (375° F.).

Rye Muffins I

Follow recipe for Graham Muffins II (p. 64), substituting rye meal for entire wheat flour.

Rye Muffins II

1¼ cups rye meal
1¼ cups flour
4 teaspoons baking powder
1 teaspoon salt
¼ cup molasses
1¼ cups milk
1 egg, well beaten
1 tablespoon melted butter

Mix and bake like Plain Muffins (p. 61), using rye meal without sifting.

Rye Gems

1⅔ cups rye flour
1⅓ cups flour
4 teaspoons baking powder
1 teaspoon salt
¼ cup molasses
1¼ cups milk
2 eggs, well beaten
3 tablespoons melted butter

Mix and bake like Plain Muffins (p. 61).

Rye Breakfast Gems

1 cup rye flour
1 cup bread flour
½ teaspoon salt
5 teaspoons baking powder
2 eggs, well beaten
1 cup milk
2 tablespoons molasses

Mix and bake like Plain Muffins (p. 61).

THOROUGH BEATING AND CORRECT BAKING ARE THE SECRETS OF PERFECT POP-OVERS

Pop-overs

1 cup flour
¼ teaspoon salt
⅞ cup milk
2 eggs
½ teaspoon melted butter

Mix salt and flour; add milk gradually, to make a smooth batter. Beat whole eggs until light and add to mixture. Add butter. Beat 2 minutes with egg beater, turn into buttered custard cups or hissing-hot buttered iron gem pans. Bake 30 to 35 minutes, beginning with hot oven (450° F.) and decreasing gradually to moderate oven (350° F.) as pop-overs start to brown.

Graham Pop-overs

⅔ cup fine entire wheat flour
⅓ cup flour
¼ teaspoon salt
⅞ cup milk
1 egg
½ teaspoon melted butter

Mix and bake like Pop-overs (see above).

Rye Pop-overs

⅔ cup rye meal
⅓ cup flour
¼ teaspoon salt
1 cup milk
2 eggs
1 teaspoon melted butter

Mix and bake like Pop-overs (see above).

Breakfast Puffs

1 cup flour ½ cup milk
½ cup water

Mix milk and water; add gradually to flour and beat with egg beater until very light. Bake like Pop-overs (p. 66).

Fadges

1 cup fine entire wheat flour 1 cup cold water

Add water gradually to flour and beat with egg beater until very light. Bake like Pop-overs (p. 66).

Maryland Biscuit

1 pint flour 1 teaspoon salt
⅓ cup lard Milk and water in equal quantities

Mix and sift flour and salt; work in lard with pastry mixer or finger tips. Moisten to a stiff dough. Toss on slightly floured board and beat with rolling-pin 30 minutes, continually folding over the dough. Roll ⅓ inch thick, shape with round cutter 2 inches in diameter, prick with fork, and place on buttered tin. Bake 20 minutes in hot oven (400° F.). A special utensil can be purchased for working these biscuits.

Afternoon-Tea Crackers

1 cup bread flour 1 teaspoon baking powder
½ cup butter ¼ teaspoon salt
3 tablespoons milk

Mix and sift dry ingredients and work in butter, using pastry mixer or finger tips. Add milk to make stiff dough, toss on floured board, and pat and roll ¼ inch thick. Shape with round cutter dipped in flour, arrange on buttered cooky sheet, and bake 10 minutes in hot oven (400° F.). Split while hot, return to oven, and bake until a golden brown. These crackers will keep for weeks without crumbling.

Cream Wafers

1½ cups pastry flour 1 teaspoon salt
Heavy cream (about ½ cup)

Mix and sift flour and salt. Add cream slowly to make dough. Toss on slightly floured cloth and knead until smooth. Pat and roll as thin as possible. Prick with fork and shape with small round or fancy

cutter, first dipped in flour. Arrange on buttered cooky sheet and bake in moderate oven (350° F.) until delicately browned.

CORN BREADS

Golden Corn Cake

¾ cup corn meal
1 cup flour
⅓ cup sugar
5 teaspoons baking powder
¾ teaspoon salt
1 cup milk
1 egg, well beaten
2 tablespoons shortening

Mix and sift dry ingredients; add milk, egg, and shortening; bake in shallow buttered pan 20 minutes in hot oven (425° F.). For shortening, butter, chicken fat, or beef drippings may be used.

Corn Cake

(*Sweetened with Molasses*)

1 cup corn meal
¾ cup flour
3½ teaspoons baking powder
1 teaspoon salt
¼ cup molasses
¾ cup milk
1 egg
1 tablespoon melted shortening

Mix and bake like Golden Corn Cake (see above), adding molasses to milk.

Littleton Spider Corn Cake

1⅓ cups corn meal
⅓ cup flour
1 cup sour milk
1 teaspoon soda (scant)
2 eggs, well beaten
2 cups sweet milk
¼ cup sugar
½ teaspoon salt
1½ tablespoons butter

Mix and sift corn meal and flour. Add sour milk mixed with soda, eggs, 1 cup sweet milk, sugar, and salt. Melt butter in iron frying pan and turn in mixture. Pour over remaining milk and bake 50 minutes in moderate oven (350° F.). Cut in pie-shaped pieces for serving.

Rich Corn Cake

¾ cup corn meal
1 cup flour
1 teaspoon soda
2 teaspoons cream of tartar
1 teaspoon salt
3 tablespoons sugar
1 egg, well beaten
2 tablespoons melted butter
1 cup sour heavy cream
¼ cup milk

Mix and sift dry ingredients. Add milk, cream, egg, and butter. Bake 20 minutes in hot oven (425° F.).

Southern Pone

2 cups milk
1 cup corn meal
1 teaspoon salt
3 tablespoons butter
2 eggs, well beaten
1 teaspoon baking powder

Scald milk and add gradually meal, salt, and butter. Stir until mixed, cool slightly, and add eggs and baking powder. Turn into buttered baking dish and bake 35 minutes in moderate oven (350° F.). Cut in pie-shaped pieces for serving.

Southern Spoon Corn Bread

2 cups white corn meal
2½ cups boiling water
1½ tablespoons melted butter
1½ teaspoons salt
2 egg yolks, slightly beaten
1½ cups buttermilk
1 teaspoon soda
2 egg whites

Add corn meal gradually to boiling water and let stand until cool. Then add butter, salt, egg yolks, and buttermilk mixed with soda. Beat 2 minutes and add egg whites beaten until stiff. Turn into buttered pudding dish. Bake 40 minutes in hot oven (425° F.).

Susie's Spider Corn Cake

1¼ cups corn meal
2 cups sour milk
1 teaspoon soda
1 teaspoon salt
2 eggs, well beaten
2 tablespoons butter

Mix soda, salt, and corn meal; gradually add eggs and milk. Heat iron frying pan, grease sides and bottom of pan with butter, turn in mixture, place on middle grate in hot oven (425° F.), and bake 20 minutes.

White Corn Cake

¼ cup butter
½ cup sugar
1⅓ cups milk
3 egg whites
1¼ cups white corn meal
1¼ cups flour
4 teaspoons baking powder
1 teaspoon salt

Cream the butter; add sugar gradually; add milk, alternating with dry ingredients, mixed and sifted. Beat thoroughly; add egg whites beaten stiff. Bake in buttered cake pan 30 minutes in hot oven (425° F.).

White Corn Meal Cake

1 cup scalded milk ½ cup white corn meal
1 teaspoon salt

Add salt to corn meal and pour on milk gradually. Spread ¼ inch deep in buttered shallow pan. Bake in moderate oven (350° F.) until crisp. Split and spread with butter.

QUICK BREADS

Quick Bran Bread

2 cups flour
3 teaspoons baking powder
1 tablespoon sugar
½ teaspoon salt
2 cups bran
1 tablespoon shortening
1 egg yolk
1 cup milk
½ cup seedless raisins

Sift flour, baking powder, sugar, and salt. Add bran and rub in shortening with finger tips. Beat egg yolk, add milk, and stir into first mixture. Add raisins. Bake 1 hour in moderate oven (375° F.).

Quick Graham Bread

2 cups entire wheat flour
½ cup white flour
½ cup molasses
1 tablespoon baking powder
1 teaspoon salt
4 tablespoons melted shortening
1½ cups sour milk
1 teaspoon soda
½ cup nut meats

Mix and sift flour, baking powder, soda, and salt; then add shortening, sour milk, molasses, and nut meats broken in pieces. Turn into buttered bread pan and bake 50 to 60 minutes in moderate oven (375° F.).

Irish Bread

Follow recipe for Baking-powder Biscuits (p. 59), adding 1 tablespoon shortening, 1 tablespoon sugar, ½ cup raisins, ½ cup currants, and 1 tablespoon caraway seeds. Bake in buttered heavy frying pan 30 minutes in moderate oven (350° F.). Heat may be increased last 5 minutes of baking. Cut in pie-shaped pieces for serving.

Luncheon Caraway Bread

¼ cup butter
¾ cup sugar
1 egg, well beaten
1⅔ cups flour
1 tablespoon baking powder
¾ cup milk
1 tablespoon caraway seeds
¾ teaspoon vanilla
¼ teaspoon salt

Cream butter, add sugar gradually and egg well beaten. Mix and sift flour and baking powder, and add alternately with milk to first mixture; then add caraway seeds, vanilla, and salt. Turn into a buttered and floured cake pan, sprinkle with sugar, and bake 35 minutes in moderately hot oven (375° F.). Remove from pan, cut in squares, and serve hot.

Quick Nut Bread

2 cups bread flour
½ cup sugar
2 teaspoons baking powder
1 teaspoon salt
1 egg yolk
1 cup milk
½ cup English walnut meats

Mix and sift flour, sugar, baking powder, and salt. Add egg yolk, milk, and walnut meats, broken in pieces. Beat thoroughly and turn into buttered bread pan. Let stand 20 minutes; then bake in moderately slow oven (325° F.).

Quick Pecan Nut Bread

2 cups unsifted coarse whole wheat flour
1 cup pastry flour
¾ cup brown sugar
1 teaspoon salt
3 teaspoons baking powder
2 cups buttermilk
1⅛ teaspoons soda
1 cup pecan nut meats, finely cut

To whole wheat flour add pastry flour, sugar, salt, and baking powder. When thoroughly mixed, add remaining ingredients. Turn into buttered bread pan, cover, and let stand 20 minutes. Bake in moderately slow oven (325° F.).

Winchester Nut Bread

¾ cup cold water
½ cup brown sugar
½ cup molasses
¾ cup milk
1 cup bread flour
1⅓ teaspoons salt
2½ teaspoons baking powder
¾ teaspoon soda
2 cups fine entire wheat flour
¾ cup walnut meats, in large pieces

Dissolve sugar in water. Add molasses and milk. Sift flour, salt, baking powder, and soda and add entire wheat flour unsifted. Combine mixtures and add nuts. Bake 2 hours in slow oven (275° F.).

Orange Peel Bread

1 cup orange peel
Water
1¾ cups sugar
1 tablespoon butter
1 egg
2 cups milk
4 cups flour
4 teaspoons baking powder
⅛ teaspoon salt

Cut orange peel in small pieces, cover with water, cook until tender. Add 1 cup sugar, boil to sirup. Cream butter, add remaining sugar, egg, milk, and flour, mixed with baking powder and salt. Beat well, add orange peel, put in 2 buttered bread pans. Let stand 20 minutes. Bake 40 minutes in moderately slow oven (325° F.).

Peanut Butter Bread

2 cups bread flour
⅓ cup sugar
2 teaspoons baking powder
1 teaspoon salt
¾ cup peanut butter
1 egg, well beaten
1 cup milk (scant)

Sift together flour, sugar, baking powder, and salt. Work into this, with fork, peanut butter and egg. Add milk. Put into buttered pan and bake 50 to 60 minutes in moderate oven (350° F.).

STEAMED BREADS

Boston Brown Bread

(With Sour Milk)

1 cup rye meal
1 cup corn meal
1 cup coarse entire wheat flour
¾ tablespoon soda
1 teaspoon salt
¾ cup molasses
2 cups sour milk

Mix and sift dry ingredients, add molasses and milk, stir until well mixed, and fill well-greased mold not more than ⅔ full. Cover closely and place mold on trivet in kettle containing boiling water, allowing water to come halfway up around mold. Cover closely and steam 3½ hours, keeping water at boiling point. Add more boiling water as needed. In baking-powder boxes, steam 1½ to 2 hours.

Boston Brown Bread

(With Sweet Milk or Water)

Follow recipe for Boston Brown Bread, using 1½ cups sweet milk. Reduce soda to ½ teaspoon and add 2 teaspoons baking powder.

New England Brown Bread

1½ cups stale bread
3¼ cups cold water
¾ cup molasses
1½ teaspoons salt
1½ cups rye meal
1½ cups corn meal
1½ cups coarse entire wheat flour
3 teaspoons soda

Soak bread in 2 cups of the water overnight. Rub through colander, add molasses, dry ingredients, mixed and sifted, and remaining water. Steam like Boston Brown Bread (p. 72).

Raisin Brown Bread

Add one cup raisins to any brown bread mixture.

Indian Bread

1½ cups entire wheat flour
1 cup corn meal
½ tablespoon soda
1 teaspoon salt
½ cup molasses
1⅔ cups milk

Mix and steam like Boston Brown Bread (p. 72).

Steamed Graham Bread

3 cups entire wheat flour
1 cup flour
3½ teaspoons soda
1 teaspoon salt
1 cup molasses (scant)
2½ cups sour milk

Mix and steam like Boston Brown Bread (p. 72).

CHAPTER 7

GRIDDLECAKES AND WAFFLES

TO COOK GRIDDLECAKES AND PANCAKES

Heat griddle or frying pan. Grease or rub over with cut turnip. Drop mixture from tip of spoon on griddle. Cook on one side. When puffed, full of bubbles, and cooked on edges, turn and cook other side. Serve with butter, maple sirup, or Mock Maple Sirup (p. 596).

Sour Milk Griddlecakes I

2½ cups flour
½ teaspoon salt
2 cups sour milk
1¼ teaspoons soda
1 egg, well beaten

Mix and sift flour, salt, and soda; add sour milk and egg. Cook (see above).

Sour Milk Griddlecakes II

Follow recipe for Sour Milk Griddlecakes I, adding 2 tablespoons shortening and 1 tablespoon sugar.

Sweet Milk Griddlecakes

1½ cups flour
3½ teaspoons baking powder
3 tablespoons sugar
¾ teaspoon salt
1 egg, beaten until light
¾ cup milk
3 tablespoons melted butter

Add milk and butter to egg. Add dry ingredients mixed together and stir vigorously until dry ingredients are just dampened. Cook (see above).

Buttermilk Griddlecakes

1 cup buttermilk
½ cup sweet milk
1 egg, well beaten
1 teaspoon soda
½ teaspoon salt
1 tablespoon melted butter
2 tablespoons corn meal
2 cups flour

Mix ingredients in order given. Cook (see above).

Entire Wheat Griddlecakes

½ cup entire wheat flour
1 cup flour
3 teaspoons baking powder
½ teaspoon salt
3 tablespoons sugar
1 egg, well beaten
1 cup milk
1 tablespoon melted butter

Mix like Sour Milk Griddlecakes and cook (p. 74).

Corn Griddlecakes

2 cups flour
½ cup corn meal
1½ tablespoons baking powder
1½ teaspoons salt
⅓ cup sugar
1½ cups boiling water
1¼ cups milk
1 egg, well beaten
2 tablespoons melted butter

Add meal to boiling water and boil 5 minutes; turn into bowl, add milk, and remaining dry ingredients, mixed and sifted, then egg and butter. Cook (p. 74).

Rice Griddlecakes I

2½ cups flour
½ cup cold cooked rice
1 tablespoon baking powder
½ teaspoon salt
¼ cup sugar
1½ cups milk
1 egg, well beaten
2 tablespoons melted butter

Mix and sift dry ingredients. Work in rice with pastry mixer or finger tips; add egg, milk, and butter. Cook (p. 74).

Rice Griddlecakes II

1 cup milk
1 cup warm boiled rice
½ teaspoon salt
2 egg yolks
2 egg whites
1 tablespoon melted butter
⅞ cup flour

Pour milk over rice and salt Add egg yolks beaten until thick, butter, and flour. Fold in egg whites beaten until stiff. Cook (p. 74).

Bread Griddlecakes

1½ cups fine stale bread crumbs
1½ cups scalded milk
2 tablespoons butter
2 eggs, well beaten
½ cup flour
½ teaspoon salt
4 teaspoons baking powder

Add milk and butter to crumbs and soak until crumbs are soft; add eggs, then flour, salt, and baking powder, mixed and sifted. Cook (p. 74).

Buckwheat Cakes

⅓ cup fine bread crumbs
2 cups scalded milk
½ teaspoon salt
¼ yeast cake dissolved in
½ cup lukewarm water
1¼ cups buckwheat flour
1 tablespoon molasses
¼ teaspoon soda dissolved in
¼ cup lukewarm water

Pour milk over crumbs and soak 30 minutes. Add salt, dissolved yeast cake, and buckwheat, to make a batter thin enough to pour. Let rise overnight. In the morning, stir well, add molasses, soda, and water, and cook (p. 74).

French Pancakes

½ cup flour
3 tablespoons powdered sugar
¼ teaspoon salt
½ cup milk
1 egg

Mix dry ingredients, add milk, stir until perfectly smooth. Add egg, beat thoroughly, and cook (p. 74).

CRÊPES SUZETTE BEING REHEATED IN ORANGE SAUCE

Crêpes Suzette

Add grated rind of ½ lemon to mixture for French Pancakes. Cook (p. 74), making them about 5 inches in diameter. Roll and reheat in Crêpe Suzette Sauce.

Crêpe Suzette Sauce

6 tablespoons butter 1 cup powdered sugar
Grated rind and juice 2 tangerines or 1 orange

Cream butter, beat in sugar gradually, and add rind and juice.

WAFFLES

To Cook Waffles

On electric waffle iron. Put one teaspoon water inside, put top down and turn on current. When it stops steaming, iron is at correct temperature for cooking waffles. Electric waffle irons do not require greasing. Put one tablespoon of waffle mixture in each compartment near center of iron. Cover and mixture will spread to fill iron. Cook until well puffed and delicately brown.

On a non-electric iron. Heat on one side, turn, and heat other side. Grease thoroughly the first time iron is used. Grease each time before filling. Fill as above. If sufficiently heated, iron should be turned almost as soon as filled and covered.

Waffles

1½ cups flour
3 teaspoons baking powder
½ teaspoon salt
2 teaspoons sugar
1 cup milk
2 egg yolks
2 egg whites
3 to 4 tablespoons melted butter

Mix and sift dry ingredients. Add milk gradually, egg yolks well beaten, and egg whites beaten stiff. Cook as above. Serve with maple sirup or Mock Maple Sirup (p. 596).

Sweet Potato Waffles

1 cup mashed sweet potato
1 cup bread flour
¼ cup sugar
½ cup melted butter
1 cup milk
1 egg

Mix first 5 ingredients in the order given; then add egg yolk, beaten until thick, and egg white, beaten until stiff. Cook as above.

Rice Waffles

1¾ cups flour
⅔ cup cold cooked rice
1½ cups milk
2 tablespoons sugar
4 teaspoons baking powder
¼ teaspoon salt
1 tablespoon melted butter
1 egg

Mix and sift dry ingredients; work in rice with pastry mixer or finger tips; add milk, egg yolk well beaten, butter, and egg white beaten until stiff. Cook as above.

Virginia Waffles

1½ cups boiling water
½ cup white corn meal
1½ cups milk
3 cups flour
3 tablespoons sugar
1¼ tablespoons baking powder
1½ teaspoons salt
2 egg yolks
2 egg whites
2 tablespoons melted butter

Cook meal in boiling water 20 minutes; add milk, dry ingredients mixed and sifted, egg yolks well beaten, butter, and egg whites beaten until stiff. Cook as above.

Raised Waffles

1¾ cups scalded milk
1 teaspoon salt
1 tablespoon butter
2 cups flour
2 egg yolks
2 egg whites
¼ yeast cake dissolved in
¼ cup lukewarm water

Add salt and butter to milk. When lukewarm, add dissolved yeast cake and flour. Beat well. Let rise overnight. Add egg yolks well beaten and egg whites beaten until stiff. Cook as above. By using a whole yeast cake, the mixture will rise in 1½ hours.

Chocolate Waffles

1¾ cups flour	2 eggs, well beaten
3 teaspoons baking powder	1 cup milk
½ teaspoon salt	2 tablespoons melted butter
6 tablespoons sugar	2 squares chocolate, melted

Mix and sift dry ingredients, add milk, eggs, butter, and chocolate. Cook as above.

CHAPTER 8

DOUGHNUTS

TO FRY DOUGHNUTS

Toss one-third of mixture on floured board, knead slightly, pat, and roll out one-fourth inch thick. Shape with doughnut cutter, fry in deep fat, take up on skewer, and drain on brown paper. Add trimmings to one-half remaining mixture, roll, shape, and fry as before; repeat. Doughnuts should come quickly to top of fat, brown on one side, then be turned to brown on other. Avoid turning more than once. The fat must be kept at a uniform temperature (370° F.). If too cold, doughnuts will absorb fat. If too hot, doughnuts will brown before sufficiently risen. See rule for testing fat (p. 17).

Doughnuts with Sweet Milk

1 cup sugar
2½ tablespoons butter
3 eggs, beaten until light
1 cup milk
4 teaspoons baking powder
¼ teaspoon cinnamon
¼ teaspoon grated nutmeg
1½ teaspoons salt
Flour (3½ to 4 cups)

Cream butter and add half the sugar. Add remaining sugar to eggs and combine mixtures. Add 3½ cups flour, mixed and sifted with baking powder, salt, and spices; then enough more flour to make dough stiff enough to roll. Shape and fry (see above).

Cream Doughnuts

1 egg, slightly beaten
1 egg yolk, slightly beaten
½ cup sugar
2 tablespoons heavy cream
⅜ cup milk
½ teaspoon lemon extract
2 cups bread flour
½ teaspoon salt
3 teaspoons baking powder
¼ teaspoon nutmeg

Add sugar slowly to eggs, add cream, milk, and extract. Sift flour, salt, baking powder, and nutmeg 4 times, and add to first mixture. Shape and fry (see above).

Sour Milk Doughnuts I

1 egg, well beaten
1 cup sugar
1 cup sour milk
1½ tablespoons melted lard
4 cups flour
1¾ teaspoons soda
1¾ teaspoons cream of tartar
1½ teaspoons salt
1 teaspoon grated nutmeg

Add sugar, milk, and lard to egg. Mix and sift flour with remaining ingredients and add to first mixture. Shape and fry (p. 80). Sour milk doughnuts may be turned as soon as they come to top of fat and frequently afterwards.

Sour Milk Doughnuts II

1 cup sugar
2 eggs, well beaten
⅔ cup sour milk
2 tablespoons melted butter
1 teaspoon soda
1 teaspoon salt
1 teaspoon baking powder
½ teaspoon grated nutmeg
Flour

Mix ingredients in order given. Shape and fry (p. 80).

Doughnuts without Shortening

4 cups flour
1 cup sugar
2 teaspoons cream of tartar
1 teaspoon soda
1 teaspoon salt
½ nutmeg, grated
2 eggs, well beaten
Milk (about ¾ cup)

Mix and sift dry ingredients, add eggs and milk. Shape and fry (p. 80). Remove from fat, using a two-tined fork, and pass quickly through water kept at the boiling point. The fork must be wiped each time before putting into fat.

Raised Doughnuts

1 cup scalded milk
¼ yeast cake dissolved in
¼ cup lukewarm water
1 teaspoon salt
⅓ cup butter and lard mixed
1 cup light brown sugar
2 eggs, well beaten
½ grated nutmeg
2 cups flour

When milk is lukewarm, add yeast cake in water, salt, and flour enough to make stiff batter. Let rise overnight. Add melted shortening, sugar, eggs, nutmeg, and flour. Let rise again, and if too soft to handle, add more flour. Toss on floured board, pat, and roll ¾ inch thick. Shape with cutter and work between hands until

round. Place on floured board, let rise 1 hour, turn, and let rise again. Fry (p. 80). Cool and roll in powdered sugar.

Fried Bread

Roll bread dough (p. 36) ⅛ inch thick. Cut in strips 2½ inches wide and cut strips in squares or in diamond-shaped pieces. Cover and let stand 10 to 15 minutes. Fry (p. 80). Serve with maple sirup or Mock Maple Sirup (p. 596).

Crullers I (with yeast)

5 tablespoons sugar
1 teaspoon salt
1 cup scalded milk
2 tablespoons lard
½ yeast cake dissolved in
2 tablespoons lukewarm water
3 cups flour

Add sugar, salt, and lard to scalded milk. When lukewarm, add dissolved yeast cake and 1 cup flour. Cover, let rise until light, and add 2 cups flour. Toss on slightly floured board and knead. Cover, again let rise, and knead; repeat. Pat and roll ½ inch thick. Cut in strips 8 inches long and ¾ inch wide. Put on board, cover, and let rise. Twist several times and pinch ends together. Fry (p. 80).

Crullers II

¼ cup butter
1 cup sugar
2 eggs
4 cups flour
¼ teaspoon grated nutmeg
3½ teaspoons baking powder
1 cup milk
Powdered sugar and cinnamon

Cream butter, add sugar gradually, egg yolks well beaten, and egg whites beaten until stiff. Mix flour, nutmeg, and baking powder; add alternately with milk to first mixture. Shape and fry like Crullers I.

Chocolate Doughnuts

¼ cup butter
1¼ cups sugar
2 eggs, well beaten
1½ squares melted chocolate
1 cup sour milk
4 cups flour
1 teaspoon soda
1 teaspoon cinnamon
¼ teaspoon salt
1½ teaspoons vanilla

Cream butter and add sugar gradually, while beating constantly; then add eggs, melted chocolate, sour milk, and flour, mixed and sifted with soda, cinnamon, and salt. Add vanilla and enough more flour to handle mixture. Shape and fry (p. 80).

Afternoon-Tea Doughnuts

1 egg, well beaten
2 tablespoons sugar
½ teaspoon salt
3 tablespoons milk
1 tablespoon melted shortening
1 cup flour
2 teaspoons baking powder

Add sugar, salt, and shortening to egg. Mix and sift flour and baking powder and add to first mixture. Force through pastry bag and tube (using small lady-finger tube) into deep fat and fry (p. 80). Serve with Julienne-shaped pieces of cheese.

Fried Drop Cakes

1⅓ cups flour
2½ teaspoons baking powder
¼ teaspoon salt
⅓ cup sugar
½ cup milk
1 egg, well beaten
1 teaspoon melted butter

Beat egg until light; add milk, dry ingredients, mixed and sifted, and melted butter. Drop by spoonfuls in hot deep fat (370° F.); fry until light brown and cooked through, which must at first be determined with a skewer or by breaking apart. Remove with skimmer and drain on brown paper.

Rye Drop Cakes

⅔ cup rye meal
⅔ cup flour
2½ teaspoons baking powder
½ teaspoon salt
2 tablespoons molasses
½ cup milk
1 egg, well beaten

Mix and sift dry ingredients; add milk gradually, then molasses and egg. Cook like Fried Drop Cakes.

CHAPTER 9

CEREALS

To Cook Fine Cereals

3 cups boiling water
1 cup fine cereal
1 teaspoon salt
1 cup cold water

Place double-boiler top containing boiling water over direct heat. Mix other ingredients and add slowly to boiling water. Stir until thick with long-handled wooden spoon. Place over boiling water and cook 25 minutes to 3 hours (see table).

To Cook Flaked and Coarse Cereals

Add cereal and salt (1 teaspoon to each cup of cereal) slowly to rapidly boiling water. Stir and cook until thick, then finish cooking over hot water. For proportions of cereal and water and for length of time to cook, see table.

TABLE FOR COOKING CEREALS

Kind	Quantity	Water	Time
Steam-cooked and rolled oats	1 cup	2 cups	30 minutes
Steam-cooked and rolled rye and wheat	1 cup	2 cups	20 minutes
Rice (steamed)	1 cup	2¾–4 cups	45–60 minutes
Corn meal	1 cup	4 cups	3 hours
Fine wheat breakfast foods	1 cup	4 cups	30 minutes
Oatmeal (coarse)	1 cup	4 cups	3 hours
Hominy (fine)	1 cup	4 cups	1 hour

Cereal with Apples

Core apples, leaving large cavities; pare and cook until soft in syrup made by boiling sugar and water together, allowing 1 cup sugar to 1½ cups water. Fill cavities with cooked cereal. Serve with sugar and cream.

Cereal with Fruit

Serve any breakfast cereal with berries, sliced bananas, or sliced peaches.

Cereal with Dates

Cook any cereal. Before serving, stir in dates, stoned and cut in pieces.

Fried Mushes

Pack cooked cereal in a greased baking-powder box and cover to prevent crust from forming. The next day remove from box, slice thinly, dip in flour, and fry (sauté). Serve with maple sirup or Mock Maple Sirup (p. 596).

Fried Corn Meal Mush, or Fried Hominy

Pack corn meal or hominy mush in greased baking-powder boxes, or in small bread pan; cool and cover. Cut in thin slices and fry (sauté). Cook slowly, if preferred crisp and dry. If mushes are cooked to fry, use less water in steaming.

Samp

½ cup samp — 2½ cups boiling water
Cold water — 1 teaspoon salt

Cover samp with cold water and let stand 5 or 6 hours. Drain, put in double boiler, and add boiling water and salt. Bring to boiling point, place over under part of double boiler (containing boiling water), and let steam 4 or 5 hours or cook in fireless cooker overnight.

To Wash Rice

Put in strainer, place strainer over bowl nearly full of cold water; rub rice between hands, lift strainer from bowl, and change water. Repeat process three or four times, until water is quite clear.

Boiled Rice

½ cup rice, washed — 1 quart boiling water
1 tablespoon salt

Pick over rice; add slowly to boiling, salted water, so as not to check boiling of water. Boil 20 minutes, or until soft, which may be determined by rubbing a kernel between the fingers. If there is no hard

spot in center, rice is done. Old rice absorbs much more water than new rice and takes longer for cooking. Drain in coarse strainer, reserve water, and pour over rice 1 quart hot water; return to kettle in which it was cooked; cover, let stand in warm place to dry off, when each grain will be separate. When stirring rice, always use a fork to avoid breaking kernels. Rice may be soaked overnight in cold water to cover. Save water in which rice was cooked for soups, since it contains valuable minerals and starch which may be used for thickening. One half cup uncooked rice increases in bulk to 1½ cups or more, when boiled.

Steamed Rice

½ cup rice 2 cups boiling water
1 teaspoon salt

Put salt and water in top of double boiler, place over heat and add gradually well-washed rice, stirring with fork to prevent sticking to boiler. Boil 5 minutes, cover, place over under part of double boiler, and steam 45 minutes, or until kernels are soft; uncover, that steam may escape. When rice is steamed for a simple desert, use 1 cup water and steam until rice has absorbed water; then add 1 cup scalded milk and cook until soft.

Rice Timbales

Pack hot boiled rice in slightly buttered, small tin molds. Let stand in hot water 10 minutes.

CHAPTER 10

CHEESE AND VEGETARIAN DISHES

Rice with Cheese

1 quart steamed rice (p. 86)
¼ pound mild cheese
Cayenne
Butter
Milk
Buttered cracker crumbs

Cover bottom of buttered baking dish with rice, dot over with butter, sprinkle with thin shavings of cheese and few grains cayenne. Repeat until rice and cheese are used. Add milk to half depth of contents of dish. Cover with crumbs and bake in moderate oven (350° F.) until cheese melts and crumbs are brown.

Rice à la Riston

1½ cups steamed rice (p. 86)
2 slices bacon, finely chopped
½ medium-sized cabbage, finely chopped
½ teaspoon chopped parsley
½ cup Veal or Chicken Stock (pp. 153, 154)

Cook cabbage with bacon 30 minutes over slow heat. Add other ingredients, salt and pepper to taste, and cook 15 minutes.

Turkish Pilaf I

½ cup rice, washed and drained
1 cup boiling water or hot tomato juice
1¾ cups tomato pulp
2 tablespoons butter

Cook rice in butter until brown, add water, and steam until water is absorbed. Add tomato pulp, cook until rice is soft, and season with salt and pepper to taste.

Turkish Pilaf II

½ cup washed rice
¾ cup tomatoes, stewed and strained
1 cup highly seasoned Brown Stock (p. 144) or tomato juice
3 tablespoons butter

Add tomato to stock and heat to boiling point; add rice and steam until rice is soft; stir in butter with a fork. Keep uncovered that steam may escape. Serve in place of vegetable, or as border for curried or fricasséed meat.

Turkish Pilaf III

⅓ cup washed rice
3 tablespoons butter
½ cup canned tomatoes
½ cup cold cooked chicken cut in dice
Veal or Chicken Stock (pp. 153, 154) highly seasoned
Salt and cayenne

Cook rice in boiling salted water, drain, and pour over hot water to thoroughly rinse. Melt butter in omelet pan and add rice. Cook 3 minutes. Add tomatoes, chicken, and enough stock to moisten. Cook 5 minutes and season highly with salt and cayenne. Add more butter if desired.

Russian Pilaf

Follow recipe for Turkish Pilaf III, substituting cold lamb for chicken, and add a chicken's liver sautéed in butter, then separated into small pieces.

Parched Rice with Tomato Sauce and Cheese

3 cups cooked rice
2 tablespoons butter
1 cup Tomato Sauce (p. 352)
½ cup grated cheese

Melt butter in iron frying pan, add rice. Cook until rice is slightly brown, stirring lightly with fork. Put into hot serving dish, pour over Tomato Sauce, and sprinkle with cheese, lifting rice with fork, that sauce and cheese may coat each kernel.

Rice Croquettes

½ cup rice
½ cup boiling water
1 cup scalded milk
1 teaspoon salt
2 egg yolks
1 tablespoon butter

Wash rice, add to water with salt, cover, and steam until rice has absorbed water. Then add milk, stir lightly with a fork, cover, and steam until rice is soft. Remove from fire, add egg yolks and butter; spread on shallow plate to cool. Shape, egg and crumb, fry, and drain (see Croquettes, p. 474).

Rice Croquettes with Cheese Sauce

Follow recipe for Rice Croquettes, adding 2 tablespoons chopped, canned pimiento to the mixture. Egg yolks may be omitted. Shape in cylinders. Serve with Cheese Sauce (p. 345).

Rice Croquettes with Jelly

Shape Rice Croquette mixture in balls, roll in crumbs, then shape in nests. Egg and crumb, fry, and drain (see Croquettes, p. 474). Put a cube of jelly in each croquette.

Little Brahmins

Follow recipe for Rice Croquettes, adding to mixture 1 tablespoon tomato catsup and ¼ teaspoon paprika. Shape in forms of chickens. After frying, insert peppercorns or allspice berries to represent eyes.

Sweet Rice Croquettes

Follow recipe for Rice Croquettes, adding 2 tablespoons powdered sugar and grated rind ½ lemon. Shape in cylinder forms.

Rice and Tomato Croquettes

½ cup rice
¾ cup Brown Stock (p. 144)
2 cups canned tomatoes
1 slice onion
1 sliced carrot
1 sprig parsley
1 sprig thyme
2 cloves
¼ teaspoon peppercorns
1 teaspoon sugar
1 egg, slightly beaten
¼ cup grated cheese
1 tablespoon butter
½ teaspoon salt
Few grains cayenne

Wash rice and steam in stock until rice has absorbed stock. Cook tomatoes 20 minutes, with onion, carrot, parsley, thyme, cloves, peppercorns, and sugar. Rub through a strainer, add to rice, and cook until rice is soft. Remove from fire, add egg, cheese, butter, and cayenne. Spread on plate to cool. Shape in cylinder forms, egg and crumb, fry, and drain (see Croquettes, p. 474).

Hominy and Horse-radish Croquettes

¼ cup hominy
½ cup boiling water
½ teaspoon salt
¾ cup scalded milk
2 tablespoons butter
3½ teaspoons grated horse-radish root

Steam hominy with water until water is absorbed. Add milk and steam until tender. Add butter, horse-radish, and salt. Cool, shape, dip in flour, egg, and crumbs, fry, and drain (see Croquettes, p. 474).

Baked Hominy, Southern Style

¾ cup fine hominy
1 teaspoon salt
1 cup boiling water
¼ cup butter
1 tablespoon sugar
1 egg, slightly beaten
2 cups milk

Mix water and salt and add hominy gradually, while stirring constantly. Bring to boiling point and boil 2 minutes. Cook in double boiler until water is absorbed. Add 1 cup milk, stirring thoroughly, and cook 1 hour. Remove from range and add butter, sugar, egg, and remaining milk. Turn into buttered dish and bake 1 hour in slow oven (325° F.).

Boiled Macaroni

¾ cup macaroni broken in inch pieces
2 quarts boiling water
1 tablespoon salt

Cook macaroni in boiling salted water 20 minutes or until soft; drain in strainer, pour over it cold water to rinse thoroughly. Add more salt, if needed. If to be served plain, reheat with ½ cup cream.

Macaroni with White Sauce

Reheat Boiled Macaroni in White Sauce II (p. 344).

Baked Macaroni

Put layer of Macaroni with White Sauce in buttered baking dish, cover with buttered crumbs, and bake in hot oven (400° F.) until crumbs are brown.

Baked Macaroni with Cheese

Put a layer of Boiled Macaroni in buttered baking dish, sprinkle with grated cheese; repeat, pour over White Sauce II (p. 344), cover with buttered crumbs, and bake in moderately hot oven (375° F.) until crumbs are brown.

Macaroni with Tomato Sauce

Reheat Boiled Macaroni in Tomato Sauce I (p. 352). Sprinkle with grated cheese. Or prepare like Baked Macaroni, using Tomato Sauce in place of White Sauce.

Macaroni à l'Italienne

¾ cup macaroni
2 quarts boiling salted water
½ onion
1½ cups Tomato Sauce II (p. 352)
½ cup grated cheese
½ tablespoon butter
2 cloves

Cook macaroni in boiling salted water, with butter and onion stuck with cloves; drain, remove onion, reheat in Tomato Sauce, add cheese.

Macaroni, Italian Style

¾ cup macaroni
2 cups Cheese Sauce (p. 345)
Paprika
¼ cup finely chopped cold boiled ham

Boil macaroni (see above) and reheat in sauce. Sprinkle with ham and paprika.

Macaroni à la Milanaise

¾ cup macaroni
Tomato Sauce II (p. 352)
6 mushrooms
2 slices cooked smoked tongue
½ cup grated cheese

Boil macaroni (see above). Cut mushrooms and tongue in strips, add to macaroni with the cheese, and reheat in sauce.

Macaroni, Virginia Style

¾ cup macaroni
2 tablespoons butter
1 teaspoon mustard
½ cup grated cheese
1 cup White Sauce II (p. 344)
3 tablespoons buttered crumbs

Boil macaroni (see above). Put half the macaroni in buttered baking dish, dot over with ¼ the butter, and sprinkle with ½ the mustard and cheese; repeat, pour over White Sauce, cover, and bake in hot oven (400° F.) until crumbs are brown.

Baked Macaroni with Chipped Beef

¾ cup macaroni
2 cups White Sauce II (p. 344)
¼ pound dried beef, thinly sliced and separated into pieces
3 tablespoons buttered crumbs

Boil macaroni (see above). Cover beef with hot water, let stand 10 minutes and drain. Arrange in buttered baking dish alternate layers of macaroni and dried beef, having two of each. Pour over sauce, cover with crumbs, and bake in hot oven (400° F.) until crumbs are brown.

Baked Macaroni with Peanut Butter

¾ cup macaroni
2 cups milk
3½ tablespoons peanut butter
1 teaspoon salt
¾ cup buttered bread crumbs

Boil macaroni (see above) and arrange in buttered baking dish. Heat milk in double boiler and add gradually to peanut butter. Pour over macaroni, add salt, cover, and bake 40 minutes in moderately slow oven (325° F.). Remove cover, sprinkle with crumbs, and bake until crumbs are brown.

Macaroni Mousse

1½ cups scalded milk
¼ cup melted butter
3 eggs, well beaten
1 pimiento chopped fine
1 cup cooked elbow macaroni
1 sweet green pepper, chopped fine
1 tablespoon chopped onion
½ tablespoon salt
1 cup soft bread crumbs
½ cup mild cheese, cut fine

Combine ingredients in order given, reserving ½ cup crumbs. Sprinkle top with reserved crumbs. Bake 40 minutes in pan of hot water in moderate oven (350° F.).

Boiled Spaghetti

Take ¼ pound spaghetti in hand and dip ends in boiling, salted water. As spaghetti softens it will bend easily, when it may be coiled under the boiling water. Let boil 20 minutes or until soft. Drain in a colander and pour over 1 quart cold water. Serve with Tomato Sauce (p. 352), Italian Sauce, or Napoli Sauce.

Italian Sauce.

3 pork chops
1 small onion, peeled and sliced
1 quart can tomatoes
½ teaspoon salt
⅛ teaspoon paprika

Remove fat and meat from chops and cut in pieces. Cook with onion, stirring frequently until well browned. Add tomatoes, salt, and paprika. Bring to boiling point and simmer very slowly 2½ hours. Force through purée strainer.

Napoli Sauce.

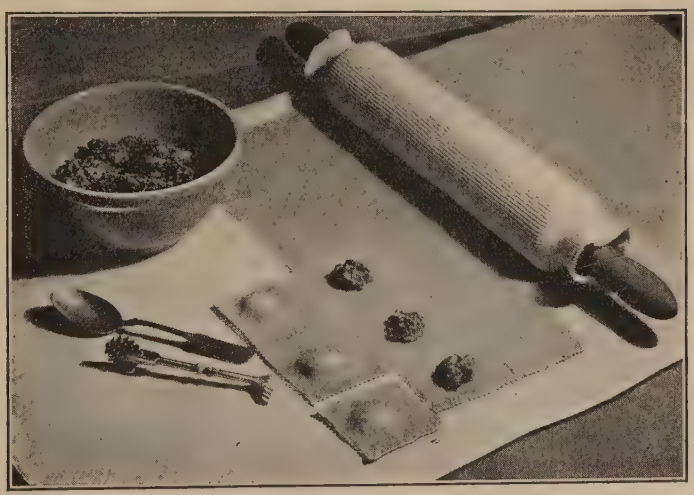
4 slices bacon
1 sliced onion
2 cups tomatoes
½ box Italian tomato paste
½ teaspoon salt
⅛ teaspoon pepper
¼ teaspoon allspice
¼ teaspoon mace
Few grains cayenne
Bit of bay leaf

Cut bacon in small pieces and try out. Add remaining ingredients, bring gradually to the boiling point, and let simmer 50 minutes.

Gnocchi à la Romana

¼ cup butter
¼ cup flour
¼ cup cornstarch
½ teaspoon salt
2 cups scalded milk
2 egg yolks
¾ cup grated cheese

Melt butter, and when bubbling, add flour, cornstarch, salt, and milk, gradually. Cook 3 minutes, stirring constantly. Add egg yolks and ½ cup cheese. Pour into a buttered shallow pan and cool. Turn on a board, cut in squares, diamonds, or strips. Place on a platter, sprinkle with remaining cheese, and brown in oven.



Ravioli

1½ cups flour
½ egg
Warm water
¼ cup cracker crumbs
½ cup grated Parmesan cheese
¼ cup chopped cooked spinach
1 egg
Chicken stock
Salt and pepper
Italian Tomato Sauce (p. 353)

Sift flour on board, make depression in center, drop in ½ egg, and moisten with warm water to a stiff dough. Knead until smooth, cover, and let stand 10 minutes. Roll paper-thin with rolling pin. Cut with pastry jagger into strips 3 inches wide, and as long as paste. Mix cracker crumbs, spinach, and egg; moisten with stock and season with salt and pepper. Put mixture by teaspoonfuls on lower half of strips, 2 inches apart. Fold upper part of strip over lower part. Press along edges and between mixture with tips of thumbs, then cut apart with pastry jagger. Cook 10 minutes in stock, take up with skimmer, arrange layer on hot serving dish, sprinkle generously with grated Parmesan cheese, cover with Tomato Sauce; repeat twice and serve at once.

Knöfli

2 eggs, slightly beaten
¼ cup milk
1 cup sifted flour
¼ teaspoon salt
Grated cheese

Add milk, flour, and salt to eggs. Place colander over a kettle of boiling water, turn in ⅓ of the mixture, and force through colander into water, using a potato masher. As soon as buttons come to top of water, remove with skimmer to hot vegetable dish and sprinkle with salt and grated cheese. Repeat until mixture is used. Let stand in oven 5 minutes, then serve.

Welsh Rarebit I

1 tablespoon butter
1 teaspoon cornstarch
½ cup thin cream
¼ teaspoon salt
½ pound soft, mild cheese, cut in small pieces
¼ teaspoon mustard
Few grains cayenne
Toast or wafer crackers

Melt butter, add cornstarch, and stir until well mixed. Add cream gradually, while stirring constantly, and cook 2 minutes. Add cheese and stir until cheese is melted. Season and serve on wafer crackers, or bread toasted on one side, rarebit being poured over untoasted side. Much of the success of a rarebit depends upon the quality of the cheese. A rarebit should be smooth and of a creamy consistency, never stringy. If stringy, add one egg slightly beaten.

Welsh Rarebit II

1 tablespoon butter
½ pound soft, mild cheese, cut in small pieces
¼ teaspoon salt
½ teaspoon mustard
Few grains cayenne
⅛ to ½ cup beer
1 egg, slightly beaten

Melt butter and add cheese and seasonings. As cheese melts, add beer gradually, while stirring constantly, then egg.

Tomato Rarebit

2 tablespoons butter
2 tablespoons flour
¾ cup thin cream
¾ cup stewed and strained tomatoes
⅛ teaspoon soda
2 cups finely cut cheese
2 eggs, slightly beaten
Salt
Mustard
Cayenne

Melt butter and add flour. Pour on cream gradually, and as soon as mixture thickens add tomatoes mixed with soda, cheese, eggs, and seasonings to taste. As soon as cheese has melted, serve on Graham Toast.

Oyster Rarebit

1 cup oysters, parboiled
2 tablespoons butter
½ pound soft, mild cheese, cut in pieces
½ cup thin cream
¼ teaspoon salt
Few grains cayenne
2 eggs, slightly beaten

Melt butter, add cheese and seasonings. As soon as cheese melts, add cream gradually and eggs. As soon as mixture is smooth, add soft part of oysters.

Lenox Rarebit

1 tablespoon butter
1 cup milk
1 teaspoon salt
¼ teaspoon pepper
Few grains cayenne
6 eggs, slightly beaten
1 small cream cheese
Unsweetened wafer crackers

Melt butter. Add milk, seasonings, and eggs. Cook like Scrambled Eggs (p. 111), and when nearly done, add cheese worked until soft. Serve on crackers.

Chilaly

1 tablespoon butter
2 tablespoons chopped green pepper
1½ teaspoons chopped onion
½ cup canned tomato pulp
¾ pound soft mild cheese
¾ teaspoon salt
Few grains cayenne
2 tablespoons milk
1 egg, slightly beaten

Cook butter slowly with pepper and onion 3 minutes, stirring constantly. Add tomatoes (drained) and cook 5 minutes. Add cheese, cut in small pieces, salt, and cayenne. Cook over hot water until cheese melts. Add milk and egg.

English Monkey

1 cup stale bread crumbs
1 cup milk
1 tablespoon butter
½ teaspoon salt
½ cup soft, mild cheese, cut in small pieces
1 egg, slightly beaten
Few grains cayenne

Soak bread crumbs in milk 15 minutes. Melt butter, add cheese, and when cheese has melted, add soaked crumbs, egg, and seasonings. Cook 3 minutes and pour over toasted crackers which have been spread sparingly with butter.

Cheese Toast

1 cup White Sauce I (p. 343)
¾ cup grated cheese
2 egg yolks, slightly beaten
2 egg whites, beaten stiff
6 slices toast

Add cheese to White Sauce I and yolks as soon as cheese melts. When mixture thickens, add whites. Pour over toast.

Baked Rarebit

1 pound soft mild cheese
2 tablespoons butter
1¾ teaspoons salt
⅓ teaspoon paprika
1½ cups milk
2½ cups stale bread crumbs
3 eggs, slightly beaten

Sprinkle a layer of bread crumbs in buttered baking dish, cover with ⅓ cheese, sprinkle with ⅓ salt and paprika mixed, and repeat twice, making 3 layers. Add milk to eggs and pour over mixture. Bake 25 minutes in a moderate oven (350° F.). Serve at once.

Shapleigh Luncheon Cheese

2 eggs, slightly beaten
1 cup thin cream
1 tablespoon butter
1 teaspoon salt
½ teaspoon mustard
¼ teaspoon paprika
Few grains cayenne
½ pound mild cheese, cut in small pieces
Stale bread cut in finger-shaped pieces ⅓ inch thick

Spread bread with butter. Arrange close together around sides of buttered baking dish, having bread extend about 1 inch above dish; also line bottom of dish. Combine other ingredients, pour into dish, and bake 30 minutes in moderate oven (350° F.).

Cheese Fondue

1 cup scalded milk
1 cup soft stale bread crumbs
¼ pound mild cheese, cut in small pieces
1 tablespoon butter
½ teaspoon salt
3 egg yolks
3 egg whites

Mix first five ingredients, add yolks beaten until lemon-colored. Cut and fold in whites beaten until stiff. Pour in buttered baking dish and bake 20 minutes in moderate oven (350° F.).

Cheese Soufflé

2 tablespoons butter
3 tablespoons flour
½ cup scalded milk
Few grains cayenne
¼ cup grated cheese
3 egg yolks
3 egg whites

Melt butter, add flour. Add gradually scalded milk and stir until thick and smooth. Add salt, cayenne, and cheese. Remove from fire; add yolks beaten until lemon-colored. Cool mixture and cut and fold in whites beaten until stiff. Pour into buttered baking dish or ramekins and bake 20 minutes in slow oven (325° F.). Serve at once.

Cheese Soufflé with Pastry

2 eggs
⅔ cup thick cream
½ cup Swiss cheese, cut in small dice
½ cup grated American cheese
½ cup grated Parmesan cheese
Salt and pepper
Few grains cayenne
Few gratings nutmeg

Add eggs to cream and beat slightly, then add cheese and seasonings. Line the sides of ramekin dishes with strips of puff paste. Fill dishes with mixture until ⅔ full. Bake 15 minutes in a hot oven (450° F.).

Cheese Custard with Bread Sauce

4 eggs, slightly beaten
1 cup milk
2½ tablespoons melted butter
3 tablespoons grated cheese
½ teaspoon salt
⅛ teaspoon pepper
Few grains cayenne
Few drops onion juice

Bread Sauce (p. 346)

Combine ingredients in order given. Turn into buttered timbale molds, set in pan of hot water, and bake until brown in slow oven (325° F.). Serve with Bread Sauce.

Cheese Croquettes

3 tablespoons butter
¼ cup flour
⅔ cup milk
2 egg yolks
1 cup mild cheese, cut in very small cubes
½ cup grated Swiss, Gruyère, or mild cheese
Salt and pepper
Few grains cayenne

Melt butter, add flour and milk, and stir until thick and smooth. Add unbeaten egg yolks and stir until well mixed. Add grated cheese. As soon as cheese melts, remove from fire, fold in cheese cubes, and season with salt, pepper, and cayenne. Spread in shallow pan and cool. Turn on board, cut in small squares or strips or shape in cones. Crumb, fry, and drain (see Croquettes, p. 474).

Cheese and Pepper Croquettes

6 small green peppers
1½ teaspoons butter
2 tablespoons flour
⅓ cup milk
¼ cup grated Gruyère cheese
1 egg, slightly beaten
½ cup soft mild cheese, in cubes
½ teaspoon salt
Pepper and cayenne

Wipe peppers, place in pan, put in hot oven, and turn constantly until skins blister. Take from oven, remove skins, make a lengthwise slit in each, and take out seeds. Melt butter, add flour, stir until well blended. Add milk and bring to boiling point. Add grated cheese and egg. When cheese melts, remove from fire and fold in cheese cubes and season to taste with salt, pepper, and cayenne. Fill peppers with mixture. Dip in egg and crumbs. Fry and drain (see Croquettes, p. 474).

Pimientos Stuffed with Cheese

Canned pimientos, thoroughly dried
Mild cheese, cut in ⅓ inch slices
Salt and cayenne
Flour for dredging
Butter
Buttered Toast

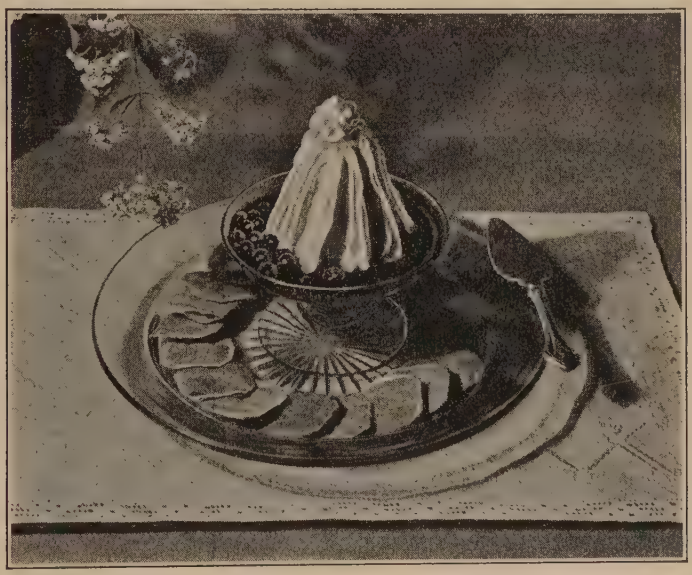
Sprinkle cheese with salt and cayenne. Insert 1 slice in each pimiento. Dredge with flour and fry (sauté) in butter until cheese melts. Serve on toast.

Cottage Cheese I

Heat very slowly 1 quart sour milk to lukewarm over warm water and turn into a strainer lined with cheesecloth. Pour over 1 quart warm water, and as soon as water has drained through, pour over another quart; then repeat. Gather cheesecloth around curd to form a bag and let hang until curd is free from whey. Moisten with melted butter and heavy cream and add salt to taste.

Cottage Cheese II

Heat one quart sweet milk to lukewarm and add one junket tablet reduced to a powder. Let stand in warm place until set. Beat with fork to break curd, turn into bag made of cheesecloth, and let hang until whey has drained from curd. Proceed as with Cottage Cheese I.



Molded Cheese with Bar-le-Duc

Mash cream cheese and press into cone-shaped mold. Remove from mold, cover with whipped cream sweetened with powdered sugar, and pour around Bar-le-Duc currants or strawberries. Serve with unsweetened wafer crackers.

Liptaner Cheese

6 ounces cream cheese (2 small packets)
¼ cup butter
1 teaspoon capers
1 teaspoon paprika
2 anchovies, finely chopped
1 shallot, finely chopped
½ teaspoon caraway seed
½ teaspoon salt

Work cheese until smooth and add butter gradually. When thoroughly blended, add remaining ingredients. Press into a small mold or form in a roll and wrap in wax paper. Let stand in refrigerator to season.

Frozen Cheese Alexandra

½ cup butter
¼ pound Roquefort cheese
1 teaspoon salt
½ teaspoon paprika
1 teaspoon finely cut chives
Sherry flavoring to taste

Cream butter, add cheese, and work until well blended. Add remaining ingredients. Pack in small mold. Freeze in drawer of mechanical refrigerator or surround with finely crushed ice and rock salt, using equal parts, and let stand 1 hour. Serve with hot, toasted rye bread.

Boston Baked Beans

1 quart pea beans
¾ pound fat salt pork
1 tablespoon salt
3 tablespoons sugar
1 tablespoon to 1 cup molasses, according to taste
½ teaspoon mustard, if desired
Boiling water

Pick over beans, cover with cold water, and soak overnight. Drain, cover with fresh water, heat slowly (keeping water below boiling point), and cook until skins will burst, — which is best determined by taking a few beans on the tip of a spoon and blowing on them, when skins will burst if sufficiently cooked. Drain beans. Scald pork and scrape, remove ¼ inch slice, and put in bottom of bean-pot. Cut through rind of remaining pork every half-inch, making cuts 1 inch deep. Put beans in pot and bury pork in beans, leaving rind exposed. Mix salt, molasses, and sugar, add 1 cup boiling water and pour over beans; then add enough more boiling water to cover beans. Cover bean pot and bake 6 to 8 hours in slow oven (250° F.), uncovering the last hour of cooking, that rind may become brown and crisp. Add water as needed. If pork mixed with lean is preferred, use less salt.

Baked Kidney Beans

Prepare and cook like Boston Baked Beans.

Baked Beans, New York Style

Use same ingredients as for Boston Baked Beans, omitting molasses. Bake in shallow pan. Do not add water during last hour of cooking.

Beans Bretonne

1½ cups pea beans
1 cup stewed and strained tomatoes
1 cup Veal or Chicken Stock (p. 154)
6 pimientos, rubbed through sieve
1 onion, finely chopped
2 cloves garlic, finely chopped
¼ cup butter
2 teaspoons salt

Soak beans overnight in cold water, drain, and parboil until soft. Put in baking dish or bean pot, add other ingredients, cover, and cook in slow oven (250° F.) until beans have nearly absorbed sauce.

Lima Beans, Fermière

2 cups dried Lima beans
½ teaspoon salt
⅛ teaspoon pepper
1 small onion, thinly sliced
2-inch cube fat salt pork cut in small pieces
½ cup carrot, in ⅛-inch cubes
2 tablespoons butter

Soak beans overnight in cold water to cover. Drain, put in casserole. Add salt and pepper. Try out fat, strain, and cook onion and carrot in fat, stirring constantly until brown. Add to beans. Dot over with butter. Add water to half height of beans. Cover and cook in slow oven (300° F.) until beans are soft.

Pea Roast

¾ cup fine dry bread crumbs
½ cup drained canned peas
1 tablespoon sugar
¼ cup English walnut meats, finely chopped
1 egg, slightly beaten
¾ teaspoon salt
⅛ teaspoon pepper
¼ cup butter
¾ cup milk

Put peas in saucepan, cover with cold water, and boil 3 minutes. Drain and force through purée strainer; mix bread crumbs, pea pulp, sugar, nut meats, egg, salt, pepper, butter, and milk. Turn into small bread pan lined with waxed paper and let stand 15 minutes. Cover and bake 40 minutes in moderate oven (350° F.).

Mock Sausages

Soak lima beans overnight in cold water to cover. Drain and cook in boiling, salted water until soft. Drain and force through a purée strainer. (There should be ¾ cup pulp.) Shape in the form of sausages, dip in crumbs, egg, and crumbs, and fry in olive oil. Drain, arrange on serving dish, and garnish with Fried Apple Rings (p. 339).

Pecan Nut Loaf

1 cup hot boiled rice
1 cup pecan nut meats, finely chopped
1 cup cracker crumbs
1 egg, well beaten
1 cup milk
1½ teaspoons salt
½ teaspoon pepper
1 tablespoon melted butter

Combine ingredients, except butter, in order given. Turn into buttered small bread pan. Pour over butter, cover, and bake one hour in a moderate oven (350° F.). Serve with Onion Sauce (p. 345).

Lentil (Lenten) Croquettes

½ cup dried lentils
¼ cup dried Lima beans
½ small onion
1 stalk celery
3 slices carrot
1 sprig parsley
½ cup stale bread crumbs
1 egg, slightly beaten
Salt and pepper
1 tablespoon butter
1 tablespoon flour
⅓ cup hot cream
Tomato Sauce I (p. 352)

Soak lentils and beans overnight in cold water to cover. Drain, add 3 pints water, onion, celery, carrot, and parsley. Cook until lentils are soft, remove seasonings, drain, and rub through sieve. To pulp add crumbs, egg, salt, and pepper to taste. Melt butter, add flour, and cream gradually. Combine mixtures and cool. Stir until thick and smooth. Shape, crumb, fry, and drain (see Croquettes, p. 474).

CHAPTER 11

EGGS AND EGG DISHES

TO DETERMINE THE FRESHNESS OF EGGS

Hold in front of candle flame in dark room, and the center should look clear.

Place in basin of cold water, and they should sink.

Place large end to the cheek, and a warmth should be felt.

Rough shell.

WAYS OF KEEPING EGGS

Pack in sawdust, small end down.

Put up in water glass.

From July to September a large number of eggs are packed, small ends down, in cases having compartments, one for each egg, and kept in cold storage. Eggs are often kept in cold storage six months and then sold as cooking eggs.

Soft-Cooked ("Boiled") Eggs I

Have ready a saucepan containing boiling water. Carefully put in with spoon the number of eggs desired, so that water covers them. Place over low heat or over hot water, so that water surrounding eggs will not boil. (If thermometer is used, keep water at 175° F. to 185°.) Cook 5 to 8 minutes.

Soft-Cooked ("Boiled") Eggs II

Place eggs in pan containing cold water to cover. Bring gradually to boiling point, reduce heat and cook 3 minutes, keeping water just below boiling point.

Hard-Cooked ("Boiled") Eggs I

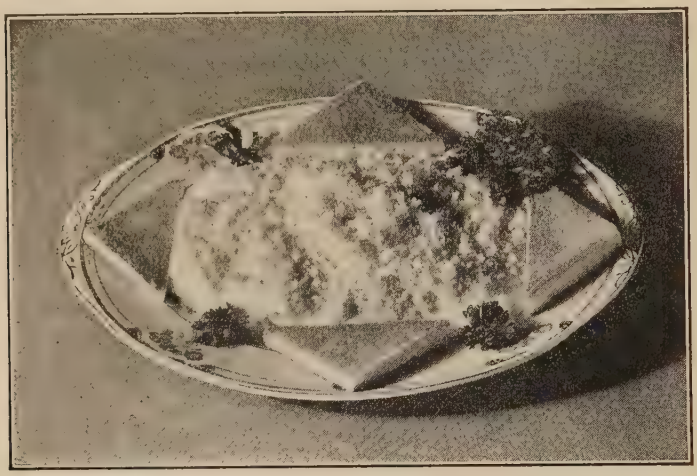
Follow recipe for Soft-Cooked Eggs I, cooking 30 to 45 minutes.

Hard-Cooked ("Boiled") Eggs II

Follow recipe for Soft-Cooked Eggs II, letting boil 15 minutes.

Hard-Cooked Eggs for Garnishing

Plunge hard-cooked eggs (Method I or II) into cold water as soon as cooked, to prevent, if possible, discoloration of yolks.



Eggs à la Goldenrod

3 hard-cooked eggs — 5 slices toast
1 cup White Sauce I (p. 343) — Parsley

Cut 4 slices of toast in halves lengthwise. Separate yolks from whites of eggs. Chop whites finely, add to White Sauce and pour over toast. Force yolks through a potato ricer or strainer. Sprinkle over top. Garnish with parsley and remaining toast, cut in points.

Curried Eggs I

4 hard-cooked eggs — 1 cup White Sauce II (p. 344)
¼ teaspoon curry powder

Cut eggs in eighths lengthwise and reheat in sauce, seasoned with curry powder.

Curried Eggs II

4 hard-cooked eggs — Curry Sauce (p. 345)
½ cup cooked rice

Chop egg whites and add to sauce with rice. Fill puff paste cases and sprinkle with egg yolks rubbed through a sieve.

Scalloped Eggs

4 hard-cooked eggs
2 cups White Sauce II (p. 344)
¾ cup chopped cooked ham, chicken, veal, or fish
¾ cup buttered cracker crumbs

Chop eggs finely. Sprinkle bottom of a buttered baking dish with crumbs, cover with half the eggs; cover eggs with sauce and sauce with meat; repeat. Cover with remaining crumbs. Bake in moderately hot oven (375° F.) until crumbs are brown.

Stuffed Eggs in a Nest

Cut hard-cooked eggs in halves lengthwise. Remove yolks and put whites aside in pairs. Mash yolks and add half the amount of deviled ham and enough melted butter to make of consistency to shape. Make in balls size of original yolks and refill whites. Form remainder of mixture into a nest. Arrange eggs in the nest and pour over 1 cup White Sauce I (p. 343). Sprinkle with buttered crumbs and bake until crumbs are brown.

Eggs à la Sidney

Arrange hard-cooked eggs, cut in thirds lengthwise, on pieces of toasted bread. Pour over eggs Soubise Sauce (p. 348).

Eggs Huntington

4 hard-cooked eggs
1 tablespoon butter
1½ tablespoons flour
⅓ cup White Stock (p. 153)
⅓ cup milk
½ teaspoon salt
Few grains cayenne
Grated cheese
¾ cup buttered cracker crumbs

Make sauce of butter, flour, stock, and milk; add eggs finely chopped, salt, and cayenne. Fill buttered ramekin dishes with mixture, sprinkle with grated cheese, cover with cracker crumbs, and bake in moderate oven (350° F.) until crumbs are brown.

Stuffed Eggs I (Deviled Eggs)

4 hard-cooked eggs
2 tablespoons grated cheese
1 teaspoon vinegar
¼ teaspoon mustard
Salt and cayenne to taste
Melted butter
White Sauce I (p. 343)

Cut eggs in halves crosswise. Remove yolks, mash, and add cheese and seasonings. Add enough butter to make mixture of right con-

sistency to shape. Make in balls size of original yolks and refill whites. Serve cold for picnics or arrange on serving dish, pour around sauce, cover, and reheat.

Stuffed Eggs II

Cut hard-cooked eggs in halves, crosswise. Remove yolks and put whites aside in pairs. Mash yolks and add equal amount of cold cooked chicken or veal, finely chopped. Moisten with melted butter or Mayonnaise. Season to taste with salt, pepper, lemon juice, mustard, and cayenne. Shape and refill whites.

Stuffed Eggs III

2 chicken livers
½ teaspoon onion juice
2 tablespoons butter
Salt, pepper
4 hard-cooked eggs
1 teaspoon chopped parsley
Tabasco Sauce to taste
¼ cup grated cheese

Clean and chop livers, sprinkle with onion juice, and fry (sauté) in butter. Add egg yolks rubbed through sieve, parsley, and salt, pepper, and Tabasco Sauce to taste. Refill whites with mixture, cover with grated cheese, and bake until cheese melts. Serve in toast rings and pour around Tomato Purée (p. 343).

Lucanian Eggs

4 hard-cooked eggs
1 cup cooked macaroni
½ cup grated cheese
Anchovy Sauce
1⅓ cups White Sauce II (p. 344)
Salt and paprika
Onion juice
¾ cup buttered crumbs

Cut eggs in eighths, add macaroni, White Sauce, and seasonings. Arrange in buttered baking dish, cover with buttered crumbs, and bake in moderate oven (350° F.) until crumbs are brown.

Scotch Woodcock

4 hard-cooked eggs, finely chopped
Few grains cayenne
1½ cups White Sauce II (p. 344)
Anchovy Sauce

Add eggs to White Sauce and season with Anchovy Sauce. Serve on buttered toast.

Scotch Woodcock with Asparagus Tips

Follow recipe for Scotch Woodcock, omitting Anchovy Sauce and adding 1 cup cooked asparagus tips.

Creamed Eggs with Sardines

4 tablespoons butter
¼ cup soft, stale bread crumbs
1 cup thin cream or top milk
2 hard-cooked eggs, finely chopped
½ box sardines
½ teaspoon salt
¼ teaspoon paprika
⅛ teaspoon pepper

Melt butter, add bread crumbs and cream, and bring to boiling point. Add eggs, sardines freed from skin and bones, and seasonings. Bring to boiling point again and serve at once.

Dropped Eggs (Poached)

Have ready a frying pan ⅔ full of boiling salted water, allowing ½ tablespoon salt to 1 quart of water. Put 2 or 3 buttered muffin rings in the water. Break each egg separately into saucer and carefully slip into a muffin ring. The water should cover the eggs. Water should not be allowed to boil after addition of eggs. When there is a film over the top and white is firm, carefully remove with buttered skimmer to circular pieces of buttered toast, and let each person season his own egg with butter, salt, and pepper. An egg poacher may be used instead of muffin rings. If desired, serve with Tomato Sauce I (p. 352) or Béarnaise Sauce (p. 357).

French Poached Eggs

Put 3 pints boiling water in saucepan and add 1 tablespoon vinegar and ½ tablespoon salt. Stir vigorously around and around edge of saucepan (using wooden spoon held in nearly upright position) while water is boiling vigorously.

As soon as well is formed in middle of water, slip in an egg. Remove to back of range or lower heat until white is set. Take out with a skimmer and trim. Repeat until the desired number of eggs is prepared.

Poached Eggs à la Reine

Place circular pieces of toast in baking dish. Cover with sliced fresh mushrooms fried (sautéed) in butter and moistened with cream. Poach eggs and arrange on mushrooms. Pour over all White Sauce I (p. 343) to which grated Parmesan cheese has been added. Sprinkle with grated cheese and put in oven to brown (375° F.).

Eggs à la Benedict

Split and toast English muffins. Fry (sauté) circular pieces of cold boiled ham. Place on muffins. Arrange on each a dropped egg.

Pour around Hollandaise II (p. 356), diluted with cream to pour easily.

Eggs à la Lee

Cover circular pieces of toast with thin slices of cold boiled ham. Arrange on each a dropped egg and pour around Mushroom Purée (p. 354).

Eggs à la Commodore

Cut slices of bread in circular pieces and fry (sauté) in butter. Spread with pâté de foie gras, place a poached egg on each and pour over Brown Sauce (p. 350) or Béchamel Sauce (p. 346) to which is added a few drops of vinegar. If desired, garnish with chopped truffles.

Eggs, Waldorf Style

Arrange poached eggs on circular pieces of buttered toast, surround with Brown Mushroom Sauce (p. 354) and place broiled mushroom cap on each egg.

Eggs à la Victoria

Fry (sauté) circular slices of bread in butter until delicately browned. On each round of bread place a fried (sautéed) chicken's liver, over liver a French poached egg, and over all pour Tomato Sauce (p. 352) Sprinkle with finely cut chives.

Windsor Eggs

Arrange poached eggs on circular pieces of buttered toast, sprinkle with sautéed chopped mushroom caps, pour around Sauce Allemande (p. 348), and sprinkle with finely chopped parsley.

Eggs Molet Chasseur

1 shallot
1 tablespoon butter
3 mushroom caps
¼ cup Chicken Stock (p. 154)
1 tablespoon cooking sherry
⅛ teaspoon salt
Pepper, cayenne
4 French poached eggs
2 tablespoons cream
1 tablespoon grated Parmesan cheese

Chop shallot fine and cook in butter, stirring constantly 3 minutes. Add mushroom caps, peeled and chopped, and cook 5 minutes. Add stock, sherry, salt, pepper, and cayenne to taste. Bring to boiling point and simmer ten minutes. Turn into shallow, buttered baking

dish and place on sauce French poached eggs. Pour over cream, sprinkle with cheese, and let stand in oven until cheese has melted.

Eggs au Gratin

Arrange Dropped Eggs in shallow, buttered baking dish. Sprinkle with grated Parmesan cheese. Pour over Yellow Béchamel (p. 346), Tomato (p. 352) or White Sauce (p. 343). Sprinkle with grated cheese. Brown in oven.

Eggs à la Suisse

4 eggs
½ cup cream
1 tablespoon butter
Salt
Pepper
Cayenne
2 tablespoons grated cheese or crumbs of Roquefort

Heat small omelet pan, put in butter; when melted add cream. Slip in eggs one at a time, sprinkle with salt, pepper, and a few grains of cayenne. When whites are nearly firm, sprinkle with cheese. Finish cooking and serve on buttered toast. Strain cream over toast.

Eggs Susette

4 large baked potatoes
4 tablespoons finely chopped ham
2 tablespoons finely chopped parsley
1 egg white, well beaten
2 tablespoons cream
Salt and pepper to taste
4 poached eggs

Cut slice from top of each potato, scoop out inside and mash. Add other ingredients except eggs. Line potato shells with mixture, place in each cavity a poached egg, cover with potato mixture, and bake until browned. Care must be taken to have eggs delicately poached.

Baked Eggs with Pimiento Potatoes

1½ cups hot Mashed Potatoes (p. 364)
4 eggs
1 canned pimiento, forced through strainer

Beat potato and pimiento vigorously until thoroughly blended. Pile evenly on a buttered baking dish and make 4 cavities. In each cavity slip a raw egg and bake until eggs are set (350° F.).

Baked or Shirred Eggs

Butter an egg shirrer or individual baking dish. Cover bottom and sides with fine cracker crumbs. Break an egg into a cup and care-

fully slip into shirrer. Cover with seasoned buttered crumbs and bake in moderate oven (350° F.) until white is firm and crumbs brown. The shirrers should be placed on a tin plate, that they may be easily removed from the oven.

Shirred Eggs, French Style

Put 1 tablespoon melted butter in egg shirrer or individual baking dish. Break egg into cup and carefully slip into dish. Cook on top of stove over *very* low heat until white is set. Serve in dish.

Eggs Mornay

Break egg and slip into buttered egg shirrers, allowing 1 or 2 eggs to each shirrer, according to size. Cover with White Sauce II (p. 344), seasoned with ⅓ cup grated cheese, paprika, and 2 egg yolks; cover with grated cheese and bake until firm.

Eggs Baked in Cream

1 egg
1½ tablespoons thick cream
2 tablespoons fine, dry bread crumbs
¼ teaspoon salt

Mix cream, bread crumbs, and salt. Put ½ tablespoon of mixture in egg shirrer or individual baking dish. Slip in egg and cover with remaining mixture. Bake 6 minutes in moderate oven (350° F.).

Eggs Baked in Tomatoes

Cut slice from stem end of tomato, scoop out pulp, slip in an egg, sprinkle with salt and pepper, cover with buttered crumbs, and bake in moderate oven (350° F.).

Florentine Eggs in Casseroles

Cooked spinach, finely chopped
Butter
Salt
Grated Parmesan cheese
Eggs
Béchamel Sauce (p. 346)

Season spinach with butter and salt. Put 1 tablespoon spinach in each buttered individual casserole, sprinkle with 1 tablespoon grated Parmesan cheese, and slip into each an egg. Cover each egg with 1 tablespoon Béchamel Sauce and ½ tablespoon grated Parmesan cheese. Bake in moderate oven until eggs are set. Serve immediately.

Shirred Eggs with Sausages

6 small pork sausages in ½-inch pieces
1 teaspoon melted butter
1 cup Tomato Sauce (p. 352) or canned tomato soup
1 teaspoon finely chopped parsley
Eggs

Cook sausage with butter 6 minutes. Add sauce and parsley. Put mixture in buttered shirred egg dishes, break 1 or 2 eggs in each dish and bake in moderate oven (350° F.) until eggs are set.

Scrambled Eggs

5 eggs, slightly beaten
½ cup milk
½ teaspoon salt
⅛ teaspoon pepper
2 tablespoons butter

Add salt, pepper, and milk to eggs. Heat omelet pan, put in butter, and when melted turn in mixture. Cook until of creamy consistency, constantly stirring and scraping from bottom and sides of pan. Ham or bacon fat may be used in place of butter.

Scrambled Eggs with Tomato Sauce

6 eggs, slightly beaten
1¾ cups tomatoes
2 teaspoons sugar
4 tablespoons butter
1 slice onion
½ teaspoon salt
⅛ teaspoon pepper

Simmer tomatoes and sugar 5 minutes; fry (sauté) butter and onion 3 minutes. Remove onion. Add tomatoes, seasonings, and eggs. Cook same as Scrambled Eggs. Serve with entire wheat bread or brown bread toast.

Scrambled Eggs with Anchovy Toast

Spread thin slices of buttered toast with anchovy paste. Arrange on platter and cover with Scrambled Eggs.

Eggs à La Buckingham

Make 5 slices Milk Toast (p. 57) and arrange on platter. Use recipe for Scrambled Eggs, having eggs slightly underdone. Pour eggs over toast, sprinkle with 4 tablespoons grated mild cheese. Put in oven to melt cheese and finish cooking eggs.

Eggs à La Turk

Prepare Scrambled Eggs, and pour over 6 slices of toast. Put 1 tablespoon Tomato Purée (p. 343) on each piece, and in the center of purée ½ tablespoon chicken liver sautéed in bacon fat.

Eggs à la Livingstone

4 eggs, slightly beaten
½ cup stewed and strained tomatoes
¼ teaspoon paprika
2 tablespoons butter
Pâté de foie gras
½ teaspoon salt

Add tomatoes, salt, and paprika to eggs. Melt butter in omelet pan, add egg mixture, and cook like Scrambled Eggs. Serve on slices of toast spread with pâté de foie gras. If desired, sprinkle with truffles.

Scrambled Eggs, Country Style

Heat omelet pan, put in 2 tablespoons butter and when melted turn in 4 unbeaten eggs. Cook until white is partially set, then stir until cooking is completed, when whites will be thoroughly set. Season with salt and pepper.

Scrambled Eggs, New York Style

1 thin slice uncooked ham
2 tablespoons chopped onion
1½ tablespoons butter
5 mushroom caps peeled and sliced
Scrambled Eggs
Parsley

Soak ham in lukewarm water 30 minutes. Cut in match-shaped pieces (about 1 cup). Cook 5 minutes in omelet pan with onion and butter. Add mushrooms, cook 5 minutes. Serve as border around Scrambled Eggs. Garnish with parsley.

Scrambled Eggs with Sweetbreads

4 eggs, slightly beaten
½ teaspoon salt
½ teaspoon pepper
½ cup milk
1 sweetbread, parboiled (p. 295) and cut in dice
2 tablespoons butter

Add salt, pepper, milk, and sweetbread to eggs. Cook like Scrambled Eggs.

Scrambled Eggs with Calf's Brains

Follow recipe for Scrambled Eggs with Sweetbreads, using boiled calf's brains (p. 301) in place of sweetbreads.

Eggs à la Caracas

2 ounces dried beef
1 cup tomatoes
¼ cup grated cheese
Few drops onion juice
Few grains cinnamon
Few grains cayenne
2 tablespoons butter
3 eggs, well beaten

Pick over beef and chop finely, add tomatoes, cheese, onion juice, cinnamon, and cayenne. Melt butter, add mixture, and when heated, add eggs. Cook like Scrambled Eggs.

Buttered Eggs

Heat omelet pan. Put in 1 tablespoon butter. When melted, slip in an egg, and cook until the white is firm. Turn and cook other side. Add more butter as needed, using just enough to keep egg from sticking.

Fried Eggs

Cook like Buttered Eggs, turning or not as desired. Use lard, pork, ham, or bacon fat. During cooking, pour fat over eggs with spoon.

Eggs au Beurre Noir

Butter
Salt
Pepper
4 eggs
1 tablespoon vinegar

Put 1 tablespoon butter in hot omelet pan. When melted, carefully slip in eggs, one at a time. Sprinkle with salt and pepper and cook until whites are firm. Remove to hot platter, care being taken not to break yolks. In same pan brown 2 tablespoons butter, add vinegar, and pour over eggs.

Buttered Eggs à la Roberts

Cook 6 Buttered Eggs, arrange on hot platter. Pour around Roberts Sauce (p. 349) and garnish with parsley.

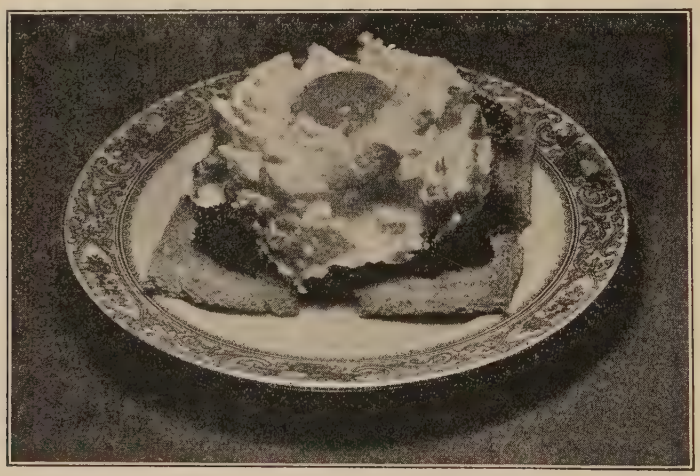
Buttered Eggs with Tomatoes

Cut tomatoes in ⅓ inch slices. Sprinkle with salt and pepper, dredge with flour, and fry (sauté) in butter. Serve a buttered egg on each slice of tomato.

Planked Eggs

⅔ cup finely chopped, cold, cooked corned beef or tongue
⅔ cup fine bread crumbs
Cream
Salt
Pepper
Duchess Potatoes
6 buttered or poached eggs
3 tomatoes cut in halves and broiled

Combine meat and crumbs. Moisten with cream. Season to taste. Spread on plank. (See care of plank, p. 15.) Make nests and border of Duchess Potatoes, using rose tube. Put egg in each nest and put in oven to brown potato. Garnish with tomatoes and parsley. Eggs may be sprinkled with buttered cracker crumbs just before sending to oven, if desired.



Fluffy Egg Nest (Individual)

1 egg
½ teaspoon butter
Salt, pepper
1 slice toast

Beat egg white until stiff with few grains salt. Arrange on toast. Make depression in center. Put in butter. Slip in egg yolk. Bake in moderately hot oven (375° F.) until set.

Egg Soufflé

2 tablespoons butter
2 tablespoons flour
1 cup scalded milk
1 cup scalded cream
4 eggs
1 teaspoon salt
Few grains cayenne

Cream butter, add flour, and pour on gradually milk and cream. Cook in double boiler 5 minutes, add egg yolks, beaten until thick and lemon-colored. Remove from fire, add seasonings, fold in egg whites beaten until stiff. Turn into buttered dish or buttered individual molds, set in pan of hot water, and bake in slow oven (350° F.) 45 to 60 minutes or until firm. Serve from baking dish. Egg Soufflé may be served with White Sauce I (p. 343), highly seasoned with celery salt, paprika, and onion juice.

Egg Timbales

1 tablespoon butter
1 tablespoon flour
⅔ cup milk
3 eggs
1 tablespoon chopped parsley
½ teaspoon salt
⅛ teaspoon pepper
Few grains celery salt
Few grains cayenne

Make sauce of butter, flour, and milk. Add yolks, beaten until thick and lemon-colored, and seasonings. Beat egg whites until stiff and cut and fold into first mixture. Turn into buttered molds, set in pan of hot water, and bake in moderate oven (350° F.) until firm (30 to 45 minutes). Turn out and serve with Tomato Cream Sauce (p. 353).

Egg Custard

3 eggs, slightly beaten
¾ cup milk
½ teaspoon salt
⅛ teaspoon pepper
Few grains cayenne
Few drops onion juice

Combine in order given. Strain into buttered timbale molds, set in pan of hot water, and bake in moderate oven (350° F.) until firm. Serve with Bread Sauce (p. 343).

Egg and Pimiento Timbales

Line well-buttered timbale molds with canned pimientos, fill with Egg Custard, cover with buttered paper, and bake like Egg Custard. Turn on circular pieces of Fried Bread (p. 82) or toast and serve with Bread Sauce (p. 343).

Eggs à la Parisienne

4 eggs
1 teaspoon finely chopped truffles
1 teaspoon finely chopped parsley
2 tablespoons cooked beets
4 slices toast
½ cup Tomato Sauce II (p. 352)

Butter small timbale molds, sprinkle with truffles, parsley, and cooked beets. Break eggs and slip one into each mold, sprinkle with salt and pepper, set in pan of hot water, and cook until egg is firm. Remove from molds and serve on octagonal slices of toast, with Tomato Sauce II.

Egg Croquettes

6 eggs
2 tablespoons butter
1 slice onion
⅓ cup flour
1 cup Chicken Stock (p. 154)
Salt
Pepper
3 egg yolks, slightly beaten
Dry bread crumbs
Grated cheese

Poach eggs and dry on towel. Cook butter with onion 3 minutes. Add flour and stock gradually. Season with salt and pepper. Add egg yolks. Cook 1 minute and cool. Cover eggs with mixture, roll in bread crumbs and cheese, using equal parts, dip in egg, then in crumbs. Fry and drain (see Croquettes, p. 474). Serve, if desired, with a thin sauce, using equal parts chicken stock and cream, and seasoning with grated cheese, salt, and paprika.

Egg Cutlets

2 tablespoons butter
4 tablespoons bread flour
1 cup scalded milk
½ teaspoon salt
½ teaspoon paprika
¾ teaspoon finely grated onion
1 tablespoon finely chopped parsley
Few gratings nutmeg
8 hard-cooked eggs

Melt butter, add flour. Stir until thoroughly blended. Pour milk on gradually and bring to boiling point. Cook over hot water 5 minutes stirring constantly. Cut eggs in coarse pieces and add to sauce with remaining ingredients, cool, and shape in cutlets. Dip in flour, egg, and crumbs, fry, and drain (see Croquettes, p. 474). Make cut at small end of each cutlet and insert a 2-inch piece of macaroni. Serve with White (p. 344) or Béchamel Sauce (p. 346).

Eggs en Surprise

6 round fried Croustades (p. 487)
6 French poached eggs
1 egg, slightly beaten
1 tablespoon cold water
¾ cup dry bread crumbs
2 tablespoons Parmesan cheese

Coat poached eggs with egg diluted with water. Roll in crumbs and cheese. Fry and drain (see Croquettes, p. 474). Arrange in Croustâdes. Garnish with parsley.

OMELETS

For omelets select large eggs, allowing 1 egg for each person, 1 tablespoon liquid for each egg. Reserve an omelet or frying pan especially for omelets and see that it is kept clean and smooth.

Plain or French Omelet

4 eggs
4 tablespoons milk
½ teaspoon salt
⅛ teaspoon pepper
2 tablespoons butter

Beat eggs slightly, just enough to blend yolks and whites, add milk and seasonings. Put butter in hot omelet pan; when melted, turn in mixture; where it cooks, lift with spatula, letting uncooked part run underneath until whole is of creamy consistency. Increase heat that it may brown quickly underneath. Fold and turn on hot platter.

To Fold and Turn Omelet. Hold an omelet pan by handle with the left hand. With a case knife make 2 half-inch incisions opposite each other at right angles to handle. Place knife under the part of omelet nearest handle, tip pan to nearly a vertical position; by carefully coaxing the omelet with knife, it will fold and turn without breaking.

Puffy Omelet

4 eggs
½ teaspoon salt
Few grains pepper
4 tablespoons hot water
1 tablespoon butter

Separate yolks from whites. To yolks add salt, pepper, and hot water; beat until thick and lemon-colored. Beat whites until stiff, cutting and folding them into first mixture until well blended. Heat omelet pan, butter sides and bottom. Turn in mixture, spread evenly, place on range where it will cook slowly, occasionally turning the pan

that omelet may brown evenly. When well " puffed " and delicately browned underneath, place pan on center grate of oven to finish cooking the top. The omelet is cooked if it is firm to the touch when pressed by the finger. If it clings to the finger like the beaten white of egg, it needs longer cooking. Fold, turn on hot platter. Pour around 1½ cups White Sauce I (p. 343) if desired.

Milk is sometimes used in place of hot water, but hot water makes a more tender omelet. A few grains baking powder are used by some cooks to hold up an omelet.

Mrs. Dwinell's Omelet

2½ tablespoons flour — 1 cup milk
¾ teaspoon salt — 3 eggs
3 tablespoons butter

Mix salt and flour, and add milk gradually. Beat eggs until thick and lemon-colored, then add to first mixture. Heat frying pan and put in ⅔ of butter. When butter is melted, pour in mixture. As it cooks, lift with griddlecake turner, so that uncooked part may run underneath. Add remaining butter as needed and continue lifting the cooked part until it is firm throughout. Increase heat to brown. Roll and turn on hot platter.

Bread Omelet

4 eggs — ¾ teaspoon salt
½ cup milk — ⅛ teaspoon pepper
½ cup stale bread crumbs — 1 tablespoon butter

Soak bread crumbs 15 minutes in milk, add beaten yolks and seasonings, fold in whites beaten until stiff. Cook like Puffy Omelet.

Baked Omelet

1 cup White Sauce II (p. 344) — 4 eggs — 2 tablespoons butter

Cool white sauce, add yolks beaten until thick and lemon-colored. Fold in whites, beaten until stiff. Melt butter in omelet pan. Pour in egg mixture and bake in slow oven (325° F.).

Omelet with Meat or Vegetables

Mix and cook any plain Omelet. Fold in finely chopped cooked chicken, veal, or ham, flaked fish, cooked peas, asparagus, cauliflower,

or other vegetable. Or, serve omelet with White Sauce to which any fish or vegetable has been added.

Oyster Omelet

Mix and cook any plain Omelet. Fold in 1 pint oysters, parboiled, drained from their liquor, and cut in halves. Turn on platter and pour around White Sauce I (p. 343).

Omelet with Croûtons

1 cup bread cut in ⅓-inch cubes
Butter
5 eggs, slightly beaten
4 tablespoons cream
½ teaspoon salt
⅛ teaspoon pepper

Fry (sauté) cubes of bread in butter until well browned and crisp. Add cream, salt, pepper, and croûtons to eggs. Put 2 tablespoons butter in hot omelet pan and as soon as melted and slightly browned turn in mixture and cook like Plain or French Omelet.

Cheese Omelet

4 eggs, slightly beaten
2 tablespoons butter
¾ teaspoon salt
Few grains cayenne
2 tablespoons grated cheese

Add 1 teaspoon melted butter, salt, cayenne, and cheese to eggs. Melt remaining butter, add mixture, cook until firm, without stirring. Roll. Sprinkle with grated cheese. Serve with Graham bread sandwiches.

Spanish Omelet

Serve Plain or French Omelet with Spanish Tomato Sauce in fold and around Omelet.

Spanish Tomato Sauce.

2 tablespoons butter
1 tablespoon finely chopped onion
1¼ cups tomatoes
1 tablespoon sliced mushrooms
1 tablespoon capers
¼ teaspoon salt
Few grains cayenne

Cook butter and onion until yellow. Add tomatoes. Cook until moisture is nearly evaporated. Add other ingredients. 1 teaspoon finely chopped red or green pepper may be cooked with butter and onion.

Omelet à la Columbia

½ cup thinly sliced bacon cut in small squares
1 cup ¼-inch potato cubes
Plain or French Omelet

Fry bacon until crisp and brown and drain. To bacon fat add potatoes and fry until delicately browned. Drain and mix with bacon dice. Fold half bacon and potato with omelet and surround with remaining bacon and potato.

Omelet Soubise

Make Plain or French Omelet, turn on hot copper or fireproof platter, pour over Onion Sauce (p. 345), sprinkle with 2 tablespoons Parmesan cheese. Put in hot oven (425° F.) and bake until cheese is melted.

Eggs with Spinach à la Martin

1 cup chopped, cooked spinach
3 eggs, slightly beaten
3 tablespoons hot water
⅓ teaspoon salt
1 tablespoon red pepper cut in strips
1 tablespoon green pepper cut in strips
1 tablespoon cooked ham cut in tiny pieces
1½ tablespoons salad oil

Add water, salt, peppers, and ham to eggs. Heat omelet pan, put in salad oil, and pour in mixture. Cook like Plain or French Omelet. Serve on layer of spinach. Garnish with parsley.

Savoyarde Omelet

1 cup potato cuoes
¾ tablespoon butter
¾ teaspoon onion juice
¼ teaspoon salt
Few grains pepper
½ cup boiled leeks
1 tablespoon chopped parsley
3 tablespoons grated cheese
2 tablespoons butter
5 eggs, unbeaten
⅔ cup cream
½ teaspoon salt
⅛ teaspoon pepper

Wash potatoes and boil without paring until soft. Cool, pare, and cut in half-inch cubes. Put potato cubes with butter, onion juice, salt, and pepper in small frying pan and cook until potatoes are slightly browned. Cut white portion of leeks in thin slices crosswise, cook in boiling, salted water until soft, and drain. Put 2 tablespoons butter in omelet pan. When melted, pour in eggs, to which have been added cream, salt, and pepper. As mixture cooks, prick and

pick up with fork. When about half done, add prepared potatoes, leeks, and parsley. Continue cooking until of creamy consistency. Add cheese, place on hot part of range, that it may brown quickly underneath. Fold and turn on hot serving dish. Garnish with sprig of parsley.

Japanese Lobster Omelet (*For Two*)

1 teaspoon butter
1 small onion, thinly sliced
1 stalk celery
2 tablespoons Chicken Stock (p. 154)
⅛ teaspoon sugar
1 teaspoon Soyou Sauce
⅓ cup lobster dice
2 eggs

Cook butter and onion 5 minutes. Add celery, washed, scraped, and thinly sliced crosswise, stock, sugar, Soyou Sauce, and lobster. Butter individual omelet pan, turn in ½ mixture, add 1 egg, slightly beaten; spread evenly and cook until egg is set. Turn and fold like other omelets; repeat.

Jelly Omelet

Mix and cook Puffy Omelet, omitting pepper and half the salt, and adding 1 tablespoon sugar. Spread before folding with jam, jelly, or marmalade. Fold, turn, and sprinkle with sugar.

Orange Omelet

3 eggs
2 tablespoons powdered sugar
Few grains salt
1 teaspoon lemon juice
2 oranges
½ tablespoon butter
2½ tablespoons orange juice

Follow directions for Puffy Omelet. Remove skin from oranges and cut in sections. Fold in ⅓ orange sections, well sprinkled with powdered sugar; put remaining sections around omelet and sprinkle with sugar.

Omelett Robespierre

3 eggs, slightly beaten
3 tablespoons hot water
1½ tablespoons butter
1 tablespoon powdered sugar
⅛ teaspoon salt
½ teaspoon vanilla

Combine ingredients. Put butter in hot omelet pan, turn in mixture, and cook like Plain or French Omelet. Fold, turn on hot platter, sprinkle with powdered sugar, and score with hot skewer.

Almond Omelet, with Caramel Sauce

3 eggs
¾ tablespoon butter
1 cup Caramel Sauce (p. 591)
Few grains salt
½ teaspoon vanilla
½ cup shredded almonds

Beat egg yolks until thick and lemon-colored, add 3 tablespoons Caramel Sauce, salt, and vanilla. Cut and fold in egg whites beaten until stiff. Put butter in hot omelet pan, sprinkle with almonds, turn in mixture, and cook like Puffy Omelet. Pour Caramel Sauce around omelet.

CHAPTER 12

FIRST COURSES, INCLUDING COCKTAILS, CANAPÉS, AND HORS D'ŒUVRES

COCKTAILS

Sauerkraut Juice Cocktail

Add lemon juice to taste to sauerkraut juice. Serve very cold.

Tomato Juice Cocktail

1 cup tomato juice
1 tablespoon mild vinegar
2 teaspoons sugar
Tiny bit of bay leaf
1 slice onion, making 1 teaspoon when grated or minced
1 tablespoon lemon juice
1 bruised celery stalk

Mix ingredients, let stand 15 minutes, and strain through cheesecloth. Chill and serve in small glasses.

Clam Juice Cocktail

1½ dozen clams in the shell
3 tablespoons water
⅓ cup catsup
3 drops Tabasco Sauce
2 tablespoons lemon juice
1 tablespoon powdered sugar
Few grains celery salt
1 cup clam juice
Finely crushed ice
Celery salt

Wash clams thoroughly, put in saucepan with 3 tablespoons water, cover, and cook until shells open. Remove clams from the shell to get all the liquor and strain through double thickness of cheesecloth. Mix catsup with seasonings, strain through fine strainer, add to clam juice, shake with crushed ice, and put in cocktail glasses, adding a dash of celery salt to each glass.

Little Neck Clams

Little Neck Clams are served raw on the half shell, in same manner as raw oysters.

Stuffed Clams

Cover bottom of dripping pan with rock salt. Arrange 2 quarts large-sized soft-shelled clams on salt, in such a manner that liquor will

not run into pan as clam shells open. As soon as shells begin to open, remove clams from shells, and chop. Reserve liquor, strain, and use in making Croquette Sauce (p. 344), making ½ rule, and using ¼ cup each of clam liquor and cream. Season highly with lemon juice and cayenne. Moisten clams with sauce, fill shells, sprinkle with grated cheese, cover with buttered, soft stale bread crumbs, and bake in hot oven (425° F.) until crumbs are brown.

Fresh Crab Cocktail

3 tablespoons lemon juice
3 tablespoons salad oil
¾ teaspoon salt
⅛ teaspoon paprika
1 can asparagus tips
½ pound crab meat
Mayonnaise (p. 462)
Paprika

Mix lemon juice, salad oil, salt, and paprika. Drain liquid from asparagus tips. Dip 1 at a time in dressing and arrange 5 stalks inside each cocktail glass. Mix crab meat with remaining dressing and place on the asparagus, with a slight depression in the center. Make a rose of Mayonnaise in the center of the crab meat and sprinkle with paprika. Serve very cold.

Fresh Crab Meat and Grapefruit Cocktail

3 grapefruit
½ pound fresh crab meat
⅓ cup tomato catsup
¼ cup grapefruit juice
1 tablespoon Worcestershire Sauce
Few drops Tabasco Sauce
½ teaspoon salt

Cut grapefruit in halves crosswise, remove pulp, and drain. Mix crab meat with grapefruit pulp, add seasonings, chill, and serve in grapefruit skins or baskets (p. 130).

Lobster Cocktail

Allow ¼ cup lobster meat, cut in pieces, for each cocktail, and season with 2 tablespoons each of tomato catsup and cooking sherry, 1 tablespoon lemon juice, 6 drops Tabasco Sauce, ⅛ teaspoon finely chopped chives; salt to taste. Chill thoroughly and serve in cocktail glasses.

Raw Oysters

Serve on oyster plates or in block of ice. Place block of ice on folded napkin on platter and garnish base with parsley and quarters of lemon, or ferns and lemon.

To Block Ice for Oysters. Use rectangular piece of clear ice and with hot flatirons melt a cavity large enough to hold oysters. Pour water from cavity as rapidly as it forms.

Oysters on the Half Shell

Serve oysters on deep halves of the shells, allowing 6 to each person. Arrange on plates of crushed ice, with ¼ of a lemon in the center of each plate.

Oyster Cocktail I

8 small raw oysters
1 tablespoon tomato catsup
½ tablespoon vinegar or lemon juice
2 drops Tabasco Sauce
Salt
1 teaspoon celery, finely chopped
½ teaspoon Worcestershire Sauce

Mix ingredients, chill thoroughly, and serve in cocktail glasses or cases made from green peppers placed on a bed of crushed ice.

Oyster Cocktail II

6 small raw oysters
Tabasco Sauce
Lemon juice
Salt
Grapefruit

Cut grapefruit in halves crosswise, remove tough portions, and add oysters seasoned with Tabasco, lemon juice, and salt.

Oyster Cocktail III

7 Blue Point oysters
¾ tablespoon lemon juice
½ tablespoon tomato catsup
½ teaspoon finely chopped shallot
3 drops Tabasco Sauce
Few gratings horse-radish
Salt to taste

Mix and chill thoroughly. Serve in cocktail glasses. If desired, sprinkle with finely chopped celery and garnish with small pieces of red and green pepper.

Mayonnaise of Oysters

Clean selected oysters; put in omelet pan and parboil in their own liquor. Remove tough muscles and discard. Marinate soft portions with French Dressing (p. 459) and let stand in refrigerator until thoroughly chilled. Arrange for individual service on small, crisp lettuce leaves (placed on small plates), allowing three pieces of oyster for each portion. Garnish with Mayonnaise (p. 462) forced through pastry bag and tube.

Oysters à la Ballard

Arrange oysters on the half shell in a dripping pan and bake in hot oven (425° F.) until edges curl. Allow 6 to each serving, pouring over the following sauce:

Mix ¾ tablespoon melted butter, 1 teaspoon lemon juice, few drops Tabasco, ¼ teaspoon finely chopped parsley, and salt and paprika to taste. Before putting ingredients in bowl, rub inside of bowl with a clove of garlic.

Sardine Cocktail

1 small box sardines
½ cup tomato catsup
2 teaspoons Worcestershire Sauce
½ teaspoon Tabasco Sauce
Juice 1 lemon
Salt

Skin and bone sardines and separate in small pieces. Mix catsup, sauce, and lemon juice; add dressing, chill, and allow for each portion 1 tablespoon on a small crisp lettuce leaf.

Scallop Cocktail I

Clean scallops, put in saucepan and cook until they begin to shrivel. Drain, chill, and put in small fluted shells, allowing 5 for each shell. Arrange 2 shells on each plate of finely crushed ice, placing between shells a small glass containing dressing same as used for Oyster Cocktail I (p. 125).

Scallop Cocktail II

1 teaspoon salt
¼ teaspoon pepper
1 teaspoon chopped parsley
1 teaspoon chives, finely cut
½ teaspoon olive oil
½ teaspoon chopped shallot
½ teaspoon dry mustard
2 tablespoons vinegar
8 tablespoons tomato catsup
1 teaspoon grated horse-radish
10 drops Tabasco Sauce
1 pint scallops
1½ teaspoons Worcestershire Sauce

Mix ingredients, except scallops. Cook scallops 5 minutes, drain, chill thoroughly, and cut into halves. Add to sauce and serve in cocktail glasses. This recipe makes 6 cocktails.

Shrimp Cocktail

Cook fresh shrimps 15 minutes in boiling salted water. Drain, remove shell and intestinal vein, and chill. Break in pieces, mix with

cocktail sauce, and put in cocktail glasses or green pepper cases. Surround with crushed ice and garnish with sections of lemon.

FRUIT COCKTAILS

Fruit juices, plain or combined with other fruit juices or ginger ale, may be served, ice cold, in cocktail glasses. If fruit is to be used, remove all seeds, skin, and membrane, chill thoroughly and arrange in an attractive pattern in cocktail glasses, using a combination of fruits. Garnish with sprigs of mint, maraschino cherries, bits of preserved ginger, etc. The following suggestions are only a few out of the many possibilities.

Fruit Juice Cocktail

Many fruit juices may be combined for a cocktail. Sweeten with honey, sugar, or sugar sirup made by boiling 1 cup sugar with 1 cup water for 5 minutes.

Three Fruit Cocktail

5 tablespoons grapefruit juice
2 tablespoons orange juice
1 tablespoon lemon juice
3 level tablespoons sugar sirup
Few grains salt
½ cup charged water
4 sprigs mint
Crushed ice

Mix ingredients thoroughly in a cocktail shaker. Put crushed ice in 4 cocktail glasses, pour in mixture, and serve at once. Garnish each glass with a sprig of mint.

Grape Juice Cocktail

2 tablespoons sugar sirup
¼ cup orange juice
⅓ cup white grape juice
⅓ cup charged water
Crushed ice

Mix ingredients thoroughly in cocktail shaker. Put crushed ice in 4 cocktail glasses, pour in the mixture, and serve at once.

Lime Juice Cocktail

2 tablespoons lime juice
2 tablespoons orange juice
2 tablespoons sugar sirup
⅔ cup ginger ale
Crushed ice

Mix ingredients in cocktail shaker, pour over crushed ice in 4 cocktail glasses, and serve at once.

Spring Cocktail

½ cup rhubarb juice — 2 tablespoons lemon juice
¼ cup pineapple sirup — ¼ cup seltzer
Crushed ice

Cook pink rhubarb cut in small pieces with an equal measure of water until rhubarb is soft. Strain, measure, add ⅓ as much sugar, and boil 2 minutes. To ½ cup of this rhubarb juice add sirup taken from a jar of pineapple, lemon juice, and seltzer. Mix in cocktail shaker. Put crushed ice in 4 cocktail glasses, pour in mixture, and serve at once.

A BOUQUET COCKTAIL IS SIMPLE TO MAKE

Bouquet Cocktail

Fill small glasses with any desired fruit cocktail, having it smooth on top. Garnish with a lace paper doily pasted around the glass, mint leaves, tinted skinless grapes, etc. to represent an old-fashioned bouquet.

Butterfly Cocktail

Arrange on an individual plate a slice of pineapple cut in half crosswise, the rounded edges together. Decorate with bits of candied

fruit and chopped pistachio nuts. Make a body for the butterfly of whipped cream. Decorate with paprika and watercress.

Ginger Fruit Cocktail

4 tablespoons pineapple cubes
⅓ cup orange sections
⅓ cup peach cubes
⅓ cup sugar
⅓ cup fresh strawberries, cut in strips
¼ cup lemon juice
¾ cup ginger ale
1 tablespoon candied ginger

Sprinkle fruit with lemon juice and sugar. Chill. Pack ginger ale in ice. Just before serving, pour ginger ale over fruit, arrange in cocktail glasses, and sprinkle with ginger.

Orange and Melon Cocktail

Orange, in sections
Melon balls (orange-colored melon)

Cut orange sections in thirds, crosswise, and serve with melon balls in Orange Basket (p. 130).

Strawberry Cocktail

Strawberries
Pineapple, cubed
Powdered sugar
Lemon juice

Wash berries and cut in halves, reserving a few of the finest to use as a garnish. Mix with pineapple, sprinkle with sugar and lemon juice. Chill and serve in cocktail glasses.

Grapefruit à la Russe

3 grapefruits
⅔ cup sugar
1 cup heavy cream
2 tablespoons powdered sugar
Few grains salt
½ teaspoon maraschino sirup

Wipe grapefruits, cut in halves, crosswise, and remove seeds and tough portions. Sprinkle with granulated sugar and chill in refrigerator. Beat cream until stiff and add powdered sugar, salt, and maraschino sirup. Pipe a border, by forcing a mixture through pastry bag and tube, on top of each half in the form of a square. Garnish at each corner with a glacé cherry. Serve in double cocktail glasses, having the larger ones filled with crushed ice.

Lemon or Orange Baskets

Cut 2 pieces from each lemon or orange, leaving what remains, in shape of basket with handle. Remove pulp from baskets and pieces, and keep baskets in ice water until ready to fill.

A GRAPEFRUIT BASKET MAY BE FILLED WITH A FRUIT COCKTAIL, IF PREFERRED

Grapefruit Baskets

Cut grapefruit in half. Insert 2 toothpicks opposite each other on each half. From ½ inch on each side of toothpick, cut through the skin around the grapefruit ¼ inch from the top of each half, leaving skin whole where toothpicks are inserted. Loosen pulp and remove and discard seeds, membrane, and toothpicks. Bring the 2 strips of skin together above the grapefruit and tie together with narrow ribbon for the handle. Insert in the knot a sprig of flowers or mint.

Grapefruit Coupe

Remove pulp from grapefruit in sections, cut each section in thirds, sprinkle with sugar, and chill. Arrange 6 fresh mint leaves at equal distances around inside of each coupe glass, having ends of leaves reach top of glass. Fill with prepared pulp and garnish center of each with a small sprig of mint.

Cantaloupe Suprême

Wipe cantaloupes, cut in halves crosswise, remove seeds and stringy portion, and shape into balls, using a French potato ball cutter. Arrange in double coupe or grapefruit glasses (having crushed ice in outer glass), sprinkle with sugar, and pour over each ¼ teaspoon maraschino sirup. If a more elaborate coupe is desired, arrange balls in cases made from halves of orange peel and serve in single glasses.

Watermelon Cubes

Cut center of a thoroughly chilled watermelon into ¾-inch cubes and remove seeds. Sprinkle with lemon juice and sugar, put in jar, and let stand in refrigerator several hours. Serve in cocktail glasses.

CANAPÉS

TO PREPARE CANAPÉS

Cut stale bread ¼ inch thick. Remove crusts and cut in desired shapes — rounds, triangles, oblongs, crescents, etc. Toast on one side and spread toasted side with prepared mixture. Bread is sometimes fried (sautéed) in butter for canapés. Garnish, if desired, with borders and lines of chopped, hard-cooked egg white, chopped olive or parsley, or creamed butter forced through pastry bag and tube. Decorate with bits of truffle, or red or green pimiento, slices of stuffed olive or dots of creamed butter, or strips of pimiento or anchovy. A canapé may be masked with Mayonnaise before being decorated. For holiday parties, use heart or star or shamrock cutter.

BUTTERS FOR CANAPÉS

Anchovy Butter (p. 359)
Lobster Butter (p. 359)
Sardine Butter. Season creamed butter with sardine paste, lemon juice, and onion juice.
Watercress Butter. Add finely chopped watercress to creamed butter.
Parsley Butter. Add finely cut parsley to creamed butter.

Anchovy Canapés I

Prepare Canapés (see above), spreading with Anchovy Butter (p. 359) and garnish as desired.

Anchovy Canapés II

Anchovy Butter (p. 359) Hard-cooked eggs
Anchovies

Prepare canapés (p. 131), using Anchovy Butter. Chop egg yolks and whites separately. Cover canapés by quarters with egg, alternating yolks and whites. Divide yolks from whites with anchovies, split in two lengthwise. Make border of Anchovy Butter, using pastry bag and tube.

Plaza Canapés

Prepare crescent-shaped canapés (p. 131), spreading with Anchovy Butter. Sprinkle half of each piece with chopped whites of hard-cooked egg, other half with yolks forced through sieve. Garnish with watercress.

Danish Canapés

4 tablespoons butter Fillets of anchovy 1 teaspoon chutney

Cream butter, add chutney, and spread on toast. Garnish with anchovy fillets, arranged lattice fashion.

Caviare Canapé

Cut bread ¼ inch thick, in diamond-shaped pieces. Toast on one side. Dip edges in melted butter, then in finely chopped parsley.

Divide top in 4 sections. Put caviare in opposite sections, chopped hard cooked egg whites in others. Cover egg white with Mayonnaise and garnish with stuffed olive or pearl onion.

Rector Canapés

Caviare
Cucumber pickle, chopped
Red peppers, chopped
Anchovy fillets

Spread pieces of toast 3½ inches long and ½ inch wide with caviare. Divide diagonally into three sections, having end ones half a square. Sprinkle center with pickle, ends with peppers, and divide sections by piece of anchovy.

Allen Canapés

Cut bread in ¼-inch slices and shape with circular cutter 2½ inches in diameter. Fry (sauté) on one side only, until delicately browned. Spread sides which have not been sautéed with Watercress Butter (p. 131) and with pastry bag and tube pipe a border of the butter around circumference. Fill centers with caviare and finely chopped yolks of hard-cooked eggs, used in equal proportions.

Cheese and Olive Canapés

Butter
Soft cheese
Salt
Chopped olives
Red or green pepper cut in fancy shapes

Cream butter, add an equal quantity of cheese, and work until smooth. Season with salt. Make canapés (p. 131), using prepared mixture. Make border of olives and decorate with bit of green or red pepper.

Italian Canapés

1 cup grated Parmesan cheese
⅔ cup heavy cream
Salt and pepper
Parsley sprigs

Mix cheese and cream and season. Make canapés (p. 131), using cheese mixture. Arrange in pan and bake 6 minutes. Garnish with parsley and serve at once.

Clam Canapés I

3 dozen clams in shell
¼ cup water
6 mushroom caps
2½ tablespoons flour
2½ tablespoons butter
⅓ cup clam liquor
3 tablespoons tomato catsup
1 tablespoon lemon juice
9 drops Tabasco Sauce
½ teaspoon horse-radish
1 teaspoon vinegar
1 teaspoon salt

Wash clams, changing water several times. Pour over water, cover, and steam until shells are partially opened. Remove clams from shells, reserving soft portions, and strain liquor through a double thickness of cheesecloth. Brush, peel, and chop mushroom caps. Cook with butter 1 minute, add flour, and then pour on clam liquor. Bring to boiling point and add catsup, lemon juice, Tabasco Sauce, horse-radish mixed with vinegar, salt, and soft part of clams. Reheat and serve on oval-shaped pieces of toast.

Clam Canapés II

Spread sautéed bread with pâté de foie gras. Pipe around edge yolks of hard-cooked eggs, rubbed through a sieve, mixed with creamed butter, and seasoned with salt and paprika. Inside of border arrange a ring of white of hard-cooked egg, finely chopped, and sprinkle with finely chopped parsley. In center place little neck clams, seasoned with tomato catsup, lemon juice, salt, Worcestershire Sauce, Tabasco Sauce, and a few gratings of horse-radish.

Canapés Martha

1 egg yolk
1½ tablespoons cream
¼ teaspoon salt
⅛ teaspoon paprika
¼ teaspoon Worcestershire Sauce
Few grains cayenne
¼ pound cheese, cut in small pieces
½ cup finely chopped crab meat or lobster
¼ cup thick sauce (White Sauce III, p. 344, or Velouté Sauce, p. 347)

Beat egg yolk, add seasonings, and cheese. Cook until smooth, stirring constantly. Make canapés (p. 131), using mixture. Mix lobster and sauce and spread over cheese layer. Garnish.

Crab Meat Canapés (Washington Canapés)

Spread rounds of toast with creamed butter mixed with an equal quantity of grated cheese and seasoned with salt and pepper. Cover

with creamed crab meat, bake in hot oven until brown, and garnish with thin strips of red pepper.

Lobster Canapés

Chop lobster meat finely and add an equal quantity of yolks of hard-cooked eggs forced through sieve. Moisten with melted butter and heavy cream, using equal parts, and season highly with salt, cayenne, prepared mustard, and beef extract. Prepare canapés (p. 131), using mixture.

Canapés Lorenzo

Season finely chopped crab meat or lobster with salt, cayenne, and lemon juice, moisten with White Sauce III (p. 344). Prepare horseshoe-shaped canapés (p. 131), using prepared mixture. Cream 2 tablespoons butter, add 1 teaspoon egg white, and spread over crab mixture. Sprinkle with grated cheese, brown in oven, and garnish with parsley.

Finnan Haddie Canapés

1 cup finnan haddie, soaked and flaked
½ tablespoon finely chopped onion
2 chopped mushroom caps
3 tablespoons butter
2 tablespoons flour
⅔ cup thin cream
2 tablespoons grated cheese
2 egg yolks, slightly beaten
Salt and cayenne
Grated cheese
Buttered bread crumbs

Fry onion and mushrooms in butter 5 minutes. Add flour and, gradually, cream. Bring to boiling point, add cheese, egg yolks, and finnan haddie. Season and cool. Pile on circular pieces of toast. Sprinkle with cheese and crumbs and bake until brown.

Smoked Fish Canapés

Arrange lengthwise on oblong pieces of toast, alternate pieces of thinly sliced smoked salmon and smoked herring, using 2 of each. Pipe around each a border of Anchovy Butter (p. 359).

Olive Canapés

Make round canapés (p. 131), spreading with creamed butter mixed with an equal quantity of peanut butter and seasoned with a few drops of lemon juice or vinegar. Garnish with slice of stuffed olive and border of chopped olives.

Pâté-de-Foie-Gras Canapés

Prepare canapés (p. 131), using pâté de foie gras. Garnish with bits of truffle and border of finely chopped parsley.

Mock Pâté-de-Foie-Gras Canapés

Prepare canapés (p. 131), spreading with liver sausage, or chicken livers, cooked, mashed, and seasoned with salt, pepper, and lemon juice. Garnish as desired.

St. Valentine's Canapés

Canned pimiento
Salt
Butter
Chopped parsley

Drain pimiento, shape with heart-shaped cutter, sprinkle with salt, and fry (sauté) in butter. Place on heart-shaped pieces of toast. Garnish with border of parsley. Serve hot.

Salmon and Egg Canapé

Toast rounds of bread on one side. Place toasted side down on plate. Divide in wedge-shaped quarters. Arrange on alternate sections finely flaked salmon and hard-cooked egg yolk, forced through sieve. Mark border and dividing lines with finely chopped egg white.

Sardine Canapés

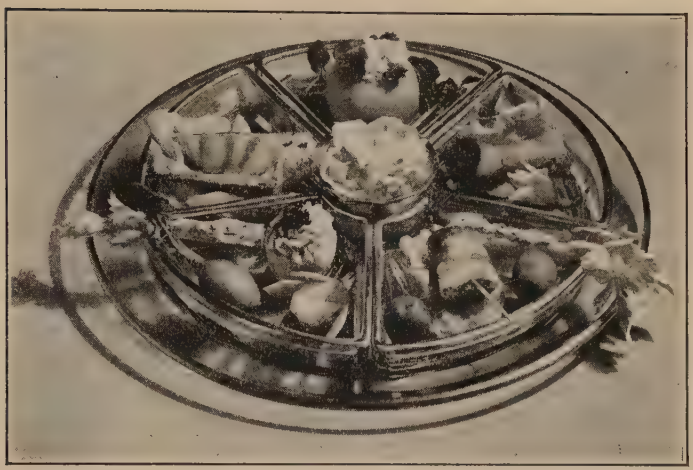
Make canapés (p. 131), using Sardine Butter (p. 131). Place in center of each a stuffed olive. Arrange border of finely chopped whites of hard-cooked eggs.

Dexter Canapés

Anchovy Butter
Tomato, in ⅛-inch slices
Mayonnaise
Hard-cooked eggs
Green pepper
Olives
Parsley

Spread round pieces of toast with Anchovy Butter (p. 359). Cover each with a tomato slice and spread with Mayonnaise. Sprinkle with egg yolk, forced through strainer, and finely chopped white. Garnish with ring of green pepper, piece of olive, and sprig of parsley.

HORS D'ŒUVRES



HORS D'ŒUVRES

Serve on a large platter or a special dish, divided into compartments. Serve a combination of hors d'œuvres and canapés if desired. Marinate all vegetables. Any of the following are suitable.

Alligator pears, in cubes or balls, sprinkled with lemon juice and salt

Anchovies

Artichoke bottoms

Asparagus tips

Pickled beets, finely cut

Cabbage Salad (p. 422)

Cauliflower flowerets

Caviare, with lemon wedges and toasted triangles

Celery, plain, curled (p. 417), or stuffed (p. 139)

Tiny cream puff or éclair shells filled with chicken, lobster, or crab meat salad

Sliced cucumbers

Hard-cooked egg, cut in half and masked with Mayonnaise (p. 460)

Hard-cooked egg, sliced, marinated, and sprinkled with chopped parsley, chives, or cress

Eggs à la Mimosa (p. 498)

Herring

Melon in thin strips
Canned mushrooms, drained and marinated
Olives, plain or stuffed
Pickled onions
Pâté de foie gras, served by teaspoonfuls on lettuce leaves
Tiny patty shells or pastry boats, filled with salad
Potato Salad (p. 425)
Radishes, plain or cut in fancy shapes
Sardines, with wedges of lemon or thin slices of onion
Smoked salmon
Flaked canned salmon, with Tartare Sauce (p. 362) and cucumber dice
Sliced tomato, sprinkled with chopped parsley, chives, or cress
Sliced tomato and sliced cucumber or hard-cooked egg, marinated and sprinkled with chopped chives, parsley, or cress

Butterfly Hors d'Œuvres

Arrange on small serving plate 2 small, crisp, heart lettuce leaves, representing wings. Where leaves meet, put 1 tablespoon of thin slices of celery, cut crosswise and moistened with Mayonnaise (p. 460). On each side of celery put ¾ tablespoon Norwegian sardines, separated into flakes. Sprinkle sardines with chopped white of hard-cooked egg, leaving outer edge of sardine uncovered. Sprinkle celery with yolks of hard-cooked eggs (forced through strainer) and put ½-inch band of Mayonnaise along center. Arrange at regular intervals narrow cross-bands of paprika and sprinkle ends with finely chopped parsley.

Caviare Fish

Remove caviare from can to strainer and pour over hot water to remove some of the oil. Drain thoroughly and season with lemon juice. Brush inside of small fish molds sparingly with olive oil and put in shallow pan of crushed ice. Cover bottoms with Aspic Jelly (p. 499) mixture, made from fish or chicken stock. When set, cover body of fish with caviare, and add jelly mixture gradually, by spoonfuls, until molds are full. Chill thoroughly, remove to crisp lettuce leaves, and insert small pieces of truffle to represent eyes.

Caviare Rissolettes

Roll Puff Paste (p. 602) ¼ inch thick and shape with a small round cutter, first dipped in flour. Wet edges of half the pieces and place in center of each 1 teaspoon Russian caviare seasoned with lemon juice. Cover with remaining pieces and press edges firmly together. Fry in deep fat and drain on brown paper.

Stuffed Celery I

Wash, scrape, and cut celery in 2-inch pieces. Mash cream cheese or work 1 tablespoon butter until creamy, add 2 tablespoons Roquefort cheese, and stir until thoroughly blended; then season highly with salt and paprika. Spread mixture on inside of celery stalks.

Stuffed Celery II

Wash, scrape, and cut celery in 3½-inch pieces and curl ends. Spread uncurled portions of grooves with caviare and arrange each on a small, crisp lettuce leaf. Garnish each with radish rose.

Horns of Plenty

Cut smoked salmon in thin slices, crosswise of fish, and shape in forms of horns of plenty. Fill horns with caviare to which has been added a few drops of lemon juice.

Laitue Suédoise

Mix 1 cup finely shredded cabbage, ½ cup finely cut celery, 1 green pepper (from which seeds have been removed), finely chopped, ½ tablespoon brown sugar, ½ teaspoon salt, and ¼ teaspoon mustard seed. Moisten with French Dressing (p. 456), chill, and allow for each portion 1 tablespoon on small, crisp lettuce leaf.

Olives Wrapped in Bacon

Wrap stuffed olives in half slices of bacon, fastening with toothpicks. Grill in broiler. Replace burnt toothpicks with fresh ones or croquette stabs.

STUFFED PIMIENTO CUPS OR TOMATOES

Use any of the following stuffings in pimiento cups, or small tomatoes, peeled, hollowed out, and chilled. Serve on lettuce leaf or shredded lettuce or cabbage.

Cooked rice mixed with chopped cooked chicken livers and Mayonnaise (p. 460)

Peas, rice, and Mayonnaise (p. 460)

Cooked corn, mixed with whipped cream, seasoned with salt and pepper

Mixed vegetable salad, such as string beans, peas, and carrot balls mixed with Mayonnaise (p. 460)

Chicken Salad (p. 442)

Lobster Salad (p. 444)

Crab Meat Salad (p. 443)

Shrimp, rice, and Mayonnaise (p. 460)

Sauerkraut

Cooked white fish, flaked and mixed with Mayonnaise (p. 460)

Hors d'Œuvres with Egg

Cut hard-cooked eggs in halves lengthwise and serve, cut side down, on watercress, shredded lettuce, sliced tongue or ham, or slice of tomato. Garnish or mask with Mayonnaise (p. 460) and decorate with truffle, sliced stuffed olives, or tiny strips of olive, anchovy, or ham.

CHAPTER 13

SOUPS WITH STOCK

Soup Stock is made from beef, veal, mutton, fish, poultry, or game, separately or in combination. *Brown Soup Stock* is made from beef (lean meat, bone, and fat). *White Soup Stock* is made from chicken or veal. *Fish Stock* is the water in which fish has been cooked or it may be made from fish bones and head, or made especially from fish or shellfish. *Vegetable Stock* is the water in which vegetables have been cooked. It usually contains valuable mineral salts and may replace plain water in making soup stock or be used in cream soups in place of White Stock.

Bouillon is usually made of Brown Soup Stock delicately seasoned and cleared. Exception — clam bouillon.

Consommé is a soup made from two or more kinds of meat (usually beef, veal, and chicken), highly seasoned, cleared, and strained.

Broth is the liquid resulting from simmering meat in water.

Bisque is generally made of shellfish, milk, and seasonings.

INGREDIENTS FOR SOUP STOCK

Although the list of ingredients for soup making often seems formidable, essential seasonings may easily be kept on hand. Sweet herbs, including thyme, savory, and marjoram, are dried and sold in packages. Bay leaves and spices, including whole cloves, allspice berries, peppercorns, stick cinnamon, and celery seed may be bought by the ounce. The outer stalks of celery should be saved for soup. At seasons when celery is a luxury, the tips and roots should be saved and dried.

In small families, where there are few left-overs, fresh meat must be bought for the making of soup stock, as a good soup cannot be made from a small amount of poor material. On the other hand, large families need seldom buy fresh meat, provided all left-overs are properly cared for. The soup kettle should receive beef bones, small pieces of beef (roasted, broiled, or stewed), veal, carcasses of fowl or

chicken, chop bones, bones left from lamb roast and all trimmings and bones, which a careful housewife should see are sent from the market with her order. The liquor from fresh-boiled pork may be used for soup; a few drops of lemon juice improve the flavor.

Avoid using smoked or corned meats, or large pieces of raw mutton or lamb surrounded by fat, on account of the strong flavor so disagreeable to many. A small piece of bacon or lean ham is sometimes cooked with vegetables for flavor.

Beef ranks first, as regards utility and economy in soup making. It should be cut from the fore or hind shin (which cuts contain marrow bone), the middle cuts being most desirable. If the lower part of shin is used, the soup, although rich in gelatine, lacks flavor, unless a cheap piece of lean meat is used with it, which frequently is done. It must be remembered that meat, bone, and fat in the right proportions are all necessary; allow two-thirds lean meat, the remaining one-third bone and fat. From the meat the soluble juices, salts, extractives (which give color and flavor), and a small quantity of gelatine are extracted; from the bone, gelatine (which gives the stock when cold a jelly-like consistency) and mineral matter. Gelatine is also obtained from cartilage, skin, tendons, and ligaments. Some of the fat is absorbed; the remainder rises to the top and should be removed.

TO MAKE SOUP STOCK

Soup-stock making is rendered easier by use of proper utensils. Indispensable are knives, hardwood board, two purée strainers having meshes of different size, and a good stock kettle of aluminum or enamel. A saw, cleaver, and scales, although not necessary, are useful and lighten labor.

When meat comes from market, remove from paper and put in cool place. When ready to start stock, if scales are at hand, weigh meat and bone to see if correct proportions have been sent. Wipe meat with clean cheesecloth wrung out of cold water. Cut lean meat in one-inch cubes; by so doing, a large amount of surface is exposed to the water and juices are more easily drawn out. Heat frying pan hissing hot; remove marrow from marrowbone, and use enough to brown one-third of the lean meat, stirring constantly, that all parts of surface may be seared, thus preventing escape of juices, — sacrificing a certain amount of goodness in the stock to give additional color and flavor. Put fat,

bone, and remaining lean meat in soup kettle; cover with cold water, allowing one pint to each pound of meat, bone, and fat. Let stand one hour, that cold water may draw out juices from meat. Add browned meat, taking water from soup kettle to rinse out frying pan, that none of the coloring may be lost. Heat gradually to boiling point, and cook six or seven hours at low temperature. A scum will rise on the top, which contains coagulated albuminous juices of great nutritive value. Many, however, prefer a clear soup, and remove the scum. If allowed to remain, when straining, a large part will pass through strainer. Vegetables, spices, and salt should be added the last hour of cooking. Strain and cook quickly, uncovered to prevent souring. Cover and keep in cool place. A cake of fat forms on stock when cold, which excludes air, and this should not be removed until stock is used. To remove fat, run a knife around edge of bowl and carefully lift off. A small quantity will remain, which should be removed by passing a cloth wrung out of hot water around edge and over top of stock. This fat should be clarified (p. 16). To remove fat before stock has cooled, take off as much fat as possible with a spoon and remove the remainder by passing tissue or any absorbent paper over the surface.

TO CLEAR STOCK

Egg whites slightly beaten or raw, lean beef finely chopped are employed for clearing soup stock. The albumen found in each effects the clearing by drawing to itself some of the juices which have been extracted from the meat, and have become coagulated by action of heat. Some rise to the top and form a scum; others are precipitated.

Remove fat from cold stock and put quantity to be cleared in stew-pan, allowing white and shell of one egg to each quart of stock. Beat egg slightly with fork and add two teaspoons cold water to each egg, break shell in small pieces, and add to stock. Place on stove, and stir constantly until boiling point is reached; boil two minutes. Set back and let stand twenty minutes without stirring, and strain through a fine strainer lined with a double thickness of cheesecloth. If stock to be cleared is not sufficiently seasoned, additional seasoning must be added as soon as stock has lost its jelly-like consistency; not after clearing is effected. Many think the flavor obtained from a few shavings of lemon rind an agreeable addition.

TO BIND SOUPS

Cream soups and purées, if allowed to stand, separate, unless bound. To bind a soup, melt butter and add flour, using amounts required by recipe; when well mixed, add to soup, stirring constantly until boiling point is reached.

UTENSILS FOR MAKING CREAM SOUPS

SOUPS WITH MEAT STOCK

Brown Soup Stock I

6-pound shin of beef
3 quarts cold water
½ teaspoon peppercorns
6 cloves
½ bay leaf
3 sprigs thyme
1 sprig marjoram
2 sprigs parsley
Carrot, Turnip, Onion, Celery — ½ cup each, cut in dice
1 tablespoon salt

Wipe beef and cut lean meat in inch cubes. Brown ⅓ of meat in hot frying pan in marrow from marrowbone. Put remaining ⅔ with bone and fat in soup kettle, add water and let stand 30 minutes.

Place over slow heat, add browned meat, and heat gradually to boiling point. Cover and cook slowly 6 hours, keeping below boiling point during cooking. Add vegetables and seasonings, cook 1½ hours, strain, and cool as quickly as possible. If cooked in fireless cooker, vegetables may be added in the beginning.

Brown Soup Stock II

Use bouillon cubes or beef or vegetable extracts, dissolved in water, or canned consommé or bouillon. Season to taste.

Bouillon

- 5 pounds lean beef from middle of round
- 2 pounds marrowbone
- 3 quarts cold water
- 1 teaspoon peppercorns
- 1 tablespoon salt
- Carrot, Turnip, Onion, Celery — ⅓ cup each, cut in dice

Wipe and cut meat in inch cubes. Put ⅔ of meat in soup kettle and soak in water 30 minutes. Brown remainder in hot frying pan with marrow from marrowbone. Put browned meat and bone in kettle. Heat to boiling point; skim thoroughly and cook at temperature below boiling point 5 hours. Add seasonings and vegetables, cook 1 hour, strain, and cool. Remove fat and clear (p. 143).

Consommé

- 3 pounds lean beef cut in 1½-inch cubes
- 1 pound marrowbone
- 3 pounds knuckle of veal cut in pieces
- 1 quart Chicken Stock (p. 154) or bones from a chicken
- Carrot, Turnip, Celery — ⅓ cup each, cut in dice
- ⅓ cup sliced onion
- 2 tablespoons butter
- 1 tablespoon salt
- 1 teaspoon peppercorns
- 4 cloves
- 3 sprigs thyme
- 1 sprig marjoram
- 2 sprigs parsley
- ½ bay leaf
- 3 quarts cold water

Brown half of beef in some of marrow from marrowbone. Add to rest of beef, veal, bones, and cold water. Let stand ½ hour. Heat slowly to boiling point and simmer 3 hours, removing scum as it forms on top of kettle. Add Chicken Stock or chicken bones and 1 quart water and simmer 2 hours. Cook carrot, turnip, onion, and celery in butter

5 minutes. Add to soup with remaining seasonings. Cook 1½ hours, strain, cool quickly, remove fat, and clear. Reheat and serve with any desired garnish.

Consommé with Vegetables

Serve Consommé with French string beans and cooked carrots, or other cooked vegetables, cut in small or fancy shapes.

Consommé Colbert

Serve a poached egg in each plate of Consommé with Vegetables.

Consommé Princess

Serve Consommé with green peas and cooked chicken meat cut in small dice.

Consommé Montmorency

Garnish Bortchock Soup (p. 148) with ¼ cup, each, cooked green peas, Julienne-shaped pieces of white meat of cooked chicken, and cooked pearl tapioca.

Pimiento Consommé (Filippini Consommé)

Add ⅓ cup Pimiento Purée (p. 343) to 4 cups Consommé before clearing. Serve hot or chilled.

Consommé à la Royal

Serve Consommé with Royal Custard (p. 183).

Consommé au Parmesan

Serve Consommé with Parmesan Pâté à Choux (p. 184).

Consommé d'Orléans

Serve Consommé with Quenelles (p. 185) and French peas.

Iced Bouillon or Consommé

Flavor Bouillon or Consommé with lemon juice or Sherry flavoring. Serve chilled.

Jellied Bouillon or Consommé

Add 3 tablespoons granulated gelatine to each quart of Bouillon or Consommé. Chill in bouillon cups or chill in shallow dish, cut in cubes and pile in cups.

Macaroni Soup or Consommé aux Pâtés

Add to Brown Stock or Consommé ¼ cup cooked macaroni (or other Italian pastes), broken in half-inch pieces.

Julienne Soup

1 quart Brown Soup Stock I or II (pp. 144, 145) or Consommé
2 tablespoons cooked peas
2 tablespoons cooked string beans
¼ cup cooked carrots
¼ cup cooked turnips
} cut in matchlike strips

Combine ingredients and heat to boiling point.

Clear Mushroom Soup

½ pound mushrooms Sherry wine flavoring 3 pints Consommé

Brush mushrooms, chop stems finely, and break caps in small pieces, or use stems only from 1 pound of mushrooms. Add to consommé, bring gradually to boiling point, and simmer 30 minutes. Cool and clear (p. 143). Just before serving add sherry to taste.

Bortchock Soup

Make like Bouillon or Consommé, adding ⅓ cup chopped beets with vegetables. Add 1 cup finely chopped beets when clearing. If desired, serve with a spoonful of heavy sour cream on each cup (Russian style).

Consommé Dubarry

6 cups Veal Stock (p. 153)
1 ox tail
½ green pepper cut in strips
Cauliflower flowerets, cooked
¼ cup hot boiled rice
1 tablespoon shredded, blanched, Jordan almonds
Royal Custard (p. 183)

Add ox tail to veal in making stock. Add green pepper and cook 15 minutes. Strain, cool, and remove fat. Reheat and add remaining ingredients. (This consommé does not require clearing.)

ONION SOUP AU GRATIN IS THE FRENCH CROÛTE AU POT

Onion Soup au Gratin

5 small onions thinly sliced
3 tablespoons butter
6 cups Brown Stock I or II (pp. 144, 145)
3 tablespoons grated Parmesan cheese
6 slices toast

Cook onions in butter until soft. Add stock and salt to taste. Place slice of toast in each soup plate, sprinkle with cheese, and pour soup over it.

Ox-tail Soup

1 small ox tail
6 cups Brown Stock I or II (pp. 144, 145)
Carrot, Turnip } ½ cup each, cut in fancy shapes
Onion, Celery } ½ cup each, cut in small pieces
½ teaspoon salt
Few grains cayenne
1 teaspoon Worcestershire Sauce
1 teaspoon lemon juice

Cut ox tail in small pieces, wash, drain, sprinkle with salt and pepper, dredge with flour, and fry in butter 10 minutes. Add to Brown Stock, simmer 1 hour. Drain and discard bone. Add ox-tail meat and vegetables, which have been parboiled 20 minutes; simmer until vegetables are soft, add salt, cayenne, Worcestershire Sauce, and lemon juice.

Scotch Soup

3 pounds mutton from fore quarter
2 quarts cold water
½ tablespoon salt
¼ teaspoon pepper
2 slices turnip
½ onion
¼ cup flour
Carrot, Turnip } ¼ cup each, cut in small cubes
2 tablespoons pearl barley

Wipe meat, remove skin and fat, and cut meat in small pieces. Add water, heat gradually to boiling point, skim, and cook slowly 2 hours. After cooking 1 hour, add salt, pepper, turnip, and onion. Strain, cool, remove fat, reheat, and thicken with flour diluted with ¼ cup cold water to pour easily. Cook carrot and turnip dice in boiling salted water until soft; drain and add to soup. Soak barley overnight in cold water, drain, and cook in boiling salted water until soft; drain and add to soup. If barley were cooked in the soup, it would absorb the greater part of the stock. Barley may be omitted; in that case, sprinkle with finely chopped parsley and serve with croûtons.

Southdown Soup

Fore quarter lamb
3 quarts cold water
1 onion sliced
½ tablespoon salt
⅓ cup string beans
⅓ cup boiled rice
¼ teaspoon celery salt or curry powder
½ teaspoon peppercorns

Wipe lamb, discarding skin and fat, and cut lean meat in small pieces. Put in kettle with bones and add cold water. Cover, bring gradually to boiling point, and simmer 4 hours. During last hour of

cooking add onion, peppercorns, and salt. Strain, chill, and remove fat. Heat to boiling point and to each quart of stock add given quantity of rice and beans, cut on diagonal, in small pieces. Season to taste.

Mutton Broth

3 pounds mutton (from the neck)
2 quarts cold water
1 teaspoon salt
Few grains pepper
3 tablespoons rice or
3 tablespoons barley

Wipe meat, remove skin and fat, and cut in small pieces. Put into kettle with bones and cover with cold water. Heat gradually to boiling point, skim, then season with salt and pepper. Cook slowly until meat is tender; strain and remove fat. Reheat to boiling point, add rice or barley, and cook until rice or barley is tender. If barley is used, soak overnight in cold water. Some of the meat may be served with broth.

Scotch Broth

3 pounds lamb or mutton (for suitable cuts, see p. 259)
½ cup barley, soaked in cold water 12 hours
4 tablespoons butter
¼ cup carrot
¼ cup turnip
¼ cup celery
¼ cup onion
Salt and pepper
2 tablespoons flour
½ tablespoon finely chopped parsley

Cut lean meat in 1-inch cubes, put in kettle, cover with 3 pints cold water, bring quickly to boiling point, skim, add barley. Simmer 1½ hours or until meat is tender. Put bones in second kettle, cover with cold water, heat slowly to boiling point, skim, and boil 1½ hours. Strain water from bones and add to meat. Fry vegetables in 2 tablespoons butter 5 minutes, add to soup with salt and pepper to taste, and cook until vegetables are soft. Thicken with remaining butter and flour cooked together. Add parsley just before serving. Rice may be used in place of barley.

Mock Turtle Soup I

1 calf's head
6 cloves
½ teaspoon peppercorns
6 allspice berries
2 sprigs thyme
⅓ cup sliced onion
½ cup carrot cut in dice
2 cups Brown Stock (p. 144)
¼ cup butter
½ cup flour
1 cup stewed and strained tomatoes
Juice ½ lemon

Clean and wash calf's head; soak 1 hour in cold water to cover. Cook until tender in 3 quarts boiling salted water (to which seasoning and vegetables have been added). Remove head; boil stock until reduced to 1 quart. Strain and cool. Melt and brown butter, add flour, and stir until well browned. Pour on slowly Brown Stock and bring to boiling point. Add head stock, tomato, 1 cup face meat, cut in dice, and lemon juice. Simmer 5 minutes. Season. Add Royal Custard (p. 183) cut in dice, Egg Balls, or Quenelles (p. 185).

Egg Balls. Mash yolks of 3 hard-cooked eggs and add an equal measure of mashed calf's brains. Season highly with salt and pepper and add enough slightly beaten egg to hold mixture, so that it may be shaped into small balls. Roll balls in flour and sauté in butter.

Mock Turtle Soup II

1 calf's head
4-pound knuckle of veal
1-pound marrowbone
4 quarts cold water
1 small sliced carrot
2 sliced onions
3 sprigs thyme
2 sprigs marjoram
Bit of bay leaf
½ teaspoon clove
⅛ teaspoon celery seed
½ teaspoon peppercorns
4 allspice berries
2 blades mace
½ tablespoon salt
1½ tablespoons butter
1½ tablespoons flour
1½ tablespoons lemon juice
Salt and pepper

Clean and wash calf's head, put in kettle with veal and marrowbone; add cold water, cover, bring slowly to boiling point, and simmer until meat leaves bone. Cut face meat in half-inch cubes — there should be 1 cup — and set aside with brains to use as garnish. Put tongue, remaining calf's head meat, and veal through food chopper. Return to kettle containing stock and add vegetables and seasonings; simmer 2 hours. Strain, cool, remove fat, reheat, and add butter and flour browned together. Add meat, lemon juice, and salt and pepper to taste. If desired, add ¼ cup cooking Sherry. Add Egg Balls (see above).

Essence of Tomato Soup

3 pounds chopped shin of beef
1 egg white
2 cups tomatoes
3 slices onion
1½ quarts cold water or stock
6 cloves
2 teaspoons salt
⅛ teaspoon pepper

Mix ingredients, bring to boiling point, and simmer gently 1 hour. Add, if needed, bouillon cubes and more seasoning. Strain through cheesecloth and serve hot or cold in cups. Color slightly with vegetable color and if desired jellied, add 1½ tablespoons gelatine.

Tomato Bouillon

2 cups canned tomatoes
1½ quarts bouillon
1 tablespoon chopped onion
½ bay leaf
6 cloves
½ teaspoon celery seed
½ teaspoon peppercorns
Oysters as desired

Mix all ingredients except oysters and boil 20 minutes. Strain, cool, and clear (p. 143). If desired, add 1 pint parboiled oysters.

Tomato Soup with Stock

1 quart Brown Soup Stock I or II (pp. 144, 145)
1 quart can tomatoes
½ teaspoon peppercorns
1 small bay leaf
3 cloves
3 sprigs thyme
4 tablespoons butter
⅓ cup flour
Onion, Carrot, Celery, Raw ham — ¼ cup each, cut in dice
Salt
Pepper

Cook onion, carrot, celery, and ham in butter 5 minutes; add flour, peppercorns, bay leaf, cloves, and thyme, and cook 3 minutes. Add stock and tomatoes; cover, and cook slowly 1 hour. When cooked in oven, it requires less watching. Rub through strainer, add hot stock. Season to taste.

Creole Soup

1 quart Brown Soup Stock I or II (pp. 144, 145)
1 pint tomatoes
3 tablespoons chopped green peppers
2 tablespoons chopped onion
¼ cup butter
⅓ cup flour
¼ cup macaroni rings
Salt
Pepper
Cayenne
2 tablespoons grated horse-radish
1 teaspoon vinegar

Cook pepper and onion in butter 5 minutes. Add flour, stock, and tomatoes, and simmer 15 minutes. Strain and season highly with salt, pepper, and cayenne. Just before serving add horse-radish, vinegar, and macaroni, previously cooked and cut in rings. Bottled horse-radish may be used and vinegar omitted.

Turkish Soup

5 cups Brown Soup Stock I or II (pp. 144, 145)
¼ cup rice
1½ cups stewed and strained tomatoes
Bit of bay leaf
2 slices onion
10 peppercorns
¼ teaspoon celery salt
2 tablespoons butter
1½ tablespoons flour

Cook ingredients, except butter and flour, until rice is soft. Rub through sieve and bind (p. 144). Season to taste.

French Tomato Soup

1 quart Brown Soup Stock I or II (pp. 144, 145)
1 quart can tomatoes
1 sliced onion
2 cloves garlic
4 sprigs parsley
2 sprigs thyme
Bit of bay leaf
6 peppercorns
1 teaspoon salt
⅛ teaspoon pepper
¼ teaspoon soda
½ tablespoon sugar
2 tablespoons butter
2 tablespoons cornstarch
1 cup cream
1 cup milk

Combine first 10 ingredients and boil 30 minutes. Rub through sieve, return to stove. Add soda and sugar. Melt butter, add cornstarch; when well blended, pour on hot soup. Bring to boiling point and just before serving add cream and milk. Serve with croûtons.

Veal Stock I (White Stock I)

3-pound knuckle of veal
1 pound lean beef
3 quarts boiling water
1 onion
6 slices carrot
1 large celery stalk
¼ teaspoon peppercorns
½ bay leaf
2 sprigs thyme
2 cloves

Wipe veal, remove from bone, and cut in small pieces; cut beef in pieces, put bone and meat in soup kettle, cover with cold water, and bring quickly to boiling point; drain, throw away water. Wash thoroughly bones and meat in cold water; return to kettle, add vegetables, seasonings, and boiling water. Boil 3 or 4 hours. Stock should be reduced to one half.

Veal Stock II (White Stock II)

4-pound knuckle of veal
2 quarts cold water
1 tablespoon salt
½ teaspoon peppercorns
1 onion
2 stalks celery
Blade of mace

Wipe meat, remove from bone, and cut in small pieces. Put meat, bone, water, and seasonings in kettle. Heat gradually to boiling point, skimming frequently. Simmer 4 or 5 hours and strain. If scum has been carefully removed, and soup is strained through double thickness of cheesecloth, stock will be quite clear.

Chicken Stock I

1 four-pound fowl
6 cups cold water
6 slices carrot
2 stalks celery
½ bay leaf
¼ teaspoon peppercorns
1 onion, sliced
Salt
Pepper

Remove wings and legs from fowl, separate breast and back, wash back and wipe remainder. Put all except the breast in kettle with cold water and seasonings. Heat gradually to boiling point, add breast, cook until breast meat is tender, cool, remove fat, and strain. If desired, 1 tablespoon lean, raw ham may be cooked with other ingredients. The cooked chicken may be used in any way desired.

Chicken Stock II

Use the water in which a fowl or chicken has been cooked. Seasonings suggested for Chicken Stock I may be added while fowl is cooking. Chicken Stock may be made with Chicken Bouillon Cubes or canned chicken bouillon may be used.

Turkey Soup

Break turkey carcass in pieces, removing all stuffing; put in kettle with any bits of meat that may have been left over. Cover with cold water, bring slowly to boiling point, and simmer 2 hours. Strain, remove fat, and season with salt and pepper. One or two outer stalks of celery may be cooked with carcass to give additional flavor.

Chicken Soup with Rice

Reheat Chicken Stock (see above) with ⅓ cup boiled rice.

Cream of Chicken Soup I

Add to Chicken Stock (p. 154) 1 teaspoon beef or vegetable extract and 1 cup cream. Season to taste.

Cream of Chicken Soup II

5 cups Chicken Stock (p. 154)
2 cups scalded milk
3 tablespoons butter
4 tablespoons flour
2 egg yolks, slightly beaten
Salt and pepper

Combine stock and milk. Bind (p. 144). Pour slowly over egg yolks, strain. Season to taste. Serve at once or soup will have a curdled appearance.

French White Soup

4-pound fowl
Knuckle of veal
3 quarts cold water
1 sliced onion
6 slices carrot
½ bay leaf
1 sprig parsley
½ teaspoon thyme
½ teaspoon peppercorns
½ tablespoon salt
1 tablespoon lean raw ham, finely chopped
4 tablespoons butter
3 tablespoons flour
1 cup cream
2 egg yolks, slightly beaten

Wipe, clean, and disjoint fowl. Wipe veal, remove from bone, and cut in small pieces. Put meat, bone, and water in kettle, heat slowly to boiling point, and skim. Remove breast and second joints of fowl when tender and use in any way suggested for cooked chicken, and cook slowly 4 hours. Cook vegetables and ham in 1 tablespoon butter 5 minutes, add to soup with peppercorns and salt, and cook 1 hour. Strain, cool, and remove fat. Reheat 3 cups stock, thicken with remaining butter and flour cooked together, and just before serving add to cream and egg yolks. Garnish with ½ cup cooked peas and Chicken Custard (p. 183) cut in dice.

Spring Soup

1 quart Veal or Chicken Stock (pp. 153, 154)
1 large onion, thinly sliced
3 tablespoons butter
½ cup stale baker's bread
1 cup milk
1 cup cream
2 tablespoons flour
Salt and pepper

Cook onion 15 minutes in 1 tablespoon butter; add to stock, with bread broken in pieces. Simmer 1 hour; rub through sieve. Add milk. Bind (p. 144). Add cream and season.

Duchess Soup

4 cups Chicken Stock (p. 154)
2 slices carrot, cut in cubes
2 slices onion
2 blades mace
½ cup grated mild cheese
⅛ cup butter
¼ cup flour
1 teaspoon salt
⅛ teaspoon pepper
2 cups scalded milk

Cook vegetables 3 minutes in 1½ tablespoons butter, then add stock and mace; boil 15 minutes, strain, and add milk. Bind (p. 144) and season. Stir in cheese and serve as soon as cheese is melted.

Potage à la Reine or Royal Soup

1 cup stale bread crumbs soaked in ½ cup milk
Yolks 3 hard-cooked eggs
Breast meat from a boiled chicken
Salt and pepper
1½ cups scalded milk
3½ cups Chicken Stock (p. 154)
2½ tablespoons butter
2½ tablespoons flour

Rub yolks of eggs and chicken meat through sieve. Add to bread crumbs soaked in milk. Add gradually scalded milk and stock. Bind (p. 144). Season to taste.

Imperial Soup

4 cups Chicken Stock (p. 154)
2 cups stale bread crumbs
2 stalks celery, broken in pieces
2 slices carrot, cut in cubes
1 small onion
3 tablespoons butter
Sprig of parsley
2 cloves
½ teaspoon peppercorns
Bit of bay leaf
Blade of mace
1 teaspoon salt
½ breast boiled chicken
⅓ cup blanched almonds
1 cup cream
½ cup milk

Cook celery, carrot, and onion in 1 tablespoon butter 5 minutes; tie in cheesecloth with parsley, cloves, peppercorns, bay leaf, and mace; add to stock with salt and bread crumbs, simmer 1 hour, remove seasonings, and rub through sieve. Chop chicken meat and rub through sieve; pound almonds to a paste, add to chicken, then add cream. Combine mixtures, add milk, reheat, and bind (p. 144).

Chicken Gumbo

1 onion, finely chopped
4 tablespoons butter
1 quart Chicken Stock (p. 154)
½ green pepper, finely chopped
1 cup cooked or canned okra
2 teaspoons salt
¼ teaspoon pepper
1 to 2 cups canned tomatoes

Cook onion in butter 5 minutes, stirring constantly. Add to stock with remaining ingredients. Bring to boiling point and simmer 40 minutes.

Almond Soup

⅔ cup almonds
6 bitter almonds
4 tablespoons cold water
⅛ teaspoon salt
3 cups Chicken Stock (p. 154)
1 small onion
3 stalks celery
3 tablespoons butter
3 tablespoons flour
2 cups scalded milk
1 cup scalded cream
Salt and pepper

Put almonds through food chopper, using finest cutter, adding water and salt slowly during process. Simmer with stock, onion, and celery and rub through sieve. Bind (p. 144). Add milk, cream, salt, and pepper. Serve with Mock Almonds (p. 181).

Asparagus Soup

3 cups Veal or Chicken Stock (pp. 153, 154)
2 cups asparagus, cooked or canned
2 cups asparagus water
1 slice onion
¼ cup butter
¼ cup flour
2 cups scalded milk
Salt and pepper

Reserve tips of asparagus and add stalks to asparagus water. Add stock and boil 5 minutes. Rub through sieve and bind (p. 144). Add salt, pepper, milk, and asparagus tips.

Cream of Cauliflower Soup

4 cups Veal or Chicken Stock (pp. 153, 154)
3 cups cooked cauliflower
¼ cup butter
1 slice onion
1 stalk celery, cut in inch pieces
½ bay leaf
¼ cup flour
2 cups milk
Salt
Pepper

Reserve 1 cup flowerets and rub remaining cauliflower through sieve. Cook onion, celery, and bay leaf in butter 5 minutes. Remove bay leaf, then add flour and stir into hot stock; add cauliflower and milk. Season with salt and pepper; then strain, add flowerets, and reheat.

Cream of Celery Soup

2 cups Veal or Chicken Stock (pp. 153, 154)
3 cups celery, cut in inch pieces
2 cups boiling water
1 slice onion
2 tablespoons butter
3 tablespoons flour
2 cups milk
1 cup cream or top milk
Salt
Pepper

Cook celery in stock and water until soft and rub through sieve. Scald onion in milk, remove onion, add milk to stock, bind (p. 144), add cream, season with salt and pepper, and reheat.

Chestnut Purée

4 cups Veal or Chicken Stock (pp. 153, 154)
2 cups French chestnuts, shelled (p. 390)
1 slice onion
¼ teaspoon celery salt
2 cups scalded milk or thin cream
¼ cup butter
¼ cup flour
Salt
Pepper

Cook stock, chestnuts, onion, and celery salt until chestnuts are soft; rub through sieve, add milk, and bind (p. 144). Season with salt and pepper.

Cucumber Soup

3 large cucumbers
2 tablespoons butter
3 tablespoons flour
3 cups Chicken Stock (p. 154)
1 cup milk
1 slice onion
1 blade mace
½ cup cream
2 egg yolks, slightly beaten
Salt and pepper

Peel and slice cucumbers and remove seeds. Cook in butter 10 minutes; then add flour and stock. Scald milk with onion and mace. Combine mixtures and rub through sieve. Reheat to boiling point and add to cream and egg yolks. Season with salt and pepper.

Cream of Lettuce Soup

2½ cups Veal or Chicken Stock (pp. 153, 154)
1 head lettuce, finely cut
2 tablespoons rice
½ cup cream
¼ tablespoon onion, finely chopped
1 tablespoon butter
1 egg yolk, slightly beaten
Few grains nutmeg
Salt
Pepper

Cook onion 5 minutes in butter, add lettuce, rice, and stock. Cook until rice is soft, then add cream, egg yolk, nutmeg, salt, and pepper.

Mulligatawny Soup

5 cups Veal Stock (p. 153)
1 cup tomatoes
Onion, cut in slices
Carrot, cut in cubes } ¼ cup each
Celery, cut in cubes
1 pepper, finely chopped
1 apple, sliced
¼ cup butter
⅓ cup flour
1 teaspoon curry powder
Blade of mace
2 cloves
Sprig of parsley
Salt and pepper
1 cup raw chicken, cut in dice

Cook vegetables, apple, and chicken in butter until brown. Add flour, curry powder, mace, cloves, parsley, and tomato, and simmer 1 hour. Strain, reserve chicken, and rub vegetables through sieve. Add chicken to strained soup, season with salt and pepper, and serve with boiled rice (p. 85).

Cream of Mushroom Soup I

½ pound mushrooms, or stems and skins from 1 pound mushrooms
4 cups Chicken Stock (p. 154)
1 slice onion
¼ cup butter
¼ cup flour
¼ cup cream
¼ cup milk
Salt
Pepper
Lemon juice or grated nutmeg

Chop mushrooms, add to stock with onion, cook 20 minutes, and rub through sieve. Reheat, bind (p. 144). Add milk and cream. Reheat and season to taste.

Cream of Mushroom Soup II

½ pound mushrooms
4 cups Chicken Stock (p. 154)
¼ cup pearl sago
1 cup boiling water
1 cup heavy cream
2 egg yolks, slightly beaten
Salt and pepper

Clean and chop mushrooms and add to stock. Cook 20 minutes and rub through sieve. Cook sago in boiling water 30 minutes, add to stock, and as soon as boiling point is reached, season with salt and pepper; then add egg yolks.

Cream of Onion Soup (Soubise Soup)

2 Spanish onions, thinly sliced
¼ cup butter
4 cups Chicken Stock (p. 154)
3 tablespoons flour
1 cup cream
1 tablespoon chopped green pepper
or
¼ cup grated cheese
Salt and pepper

Cook onions in butter 10 minutes, stirring constantly. Add stock, cook slowly 30 minutes. Strain. Mix flour with ¼ cup cold water to pour easily, add to soup, and bring to boiling point. Add cream and peppers or cheese. Season to taste.

St. Germain or Pea Soup

3 cups Veal or Chicken Stock (pp. 153, 154)
2 cups peas, cooked or canned
1 cup cold water
½ onion
Bit of bay leaf
Sprig of parsley
Blade of mace
2 teaspoons sugar
1 teaspoon salt
⅛ teaspoon pepper
2 tablespoons butter
2 tablespoons cornstarch
1 cup milk

Reserve ⅓ cup peas. Add remainder to stock, water, and seasonings and simmer ½ hour. Rub through sieve. Bind with butter and cornstarch cooked together. Boil 5 minutes. Add milk and reserved peas. Water from peas may replace part of stock.

Potage Longchamps

Reheat St. Germain Soup with a few sprigs fresh mint. Remove mint and add ⅓ cup cooked vermicelli. Season to taste.

Philadelphia Pepper Pot

Sliced onion
Chopped celery
Chopped green peppers } ¼ cup each
4 tablespoons butter
3½ tablespoons flour
5 cups Chicken Stock (p. 154)
½ pound honeycomb tripe, cut in cubes
1½ cups potato cubes
½ teaspoon peppercorns, finely pounded
¾ tablespoon salt
½ cup heavy cream

Cook vegetables in 3 tablespoons butter 15 minutes. Add flour, stir until well mixed. Add remaining ingredients, except cream. Cover and cook 1 hour. Just before serving, add cream and remaining butter.

Pimiento Bisque

½ cup rice
6 cups Chicken Stock (p. 154)
5 canned pimientos
1½ teaspoons salt
½ teaspoon Tabasco Sauce
½ cup cream
2 egg yolks, slightly beaten

Cook rice and stock until rice is tender. Add pimientos, rub through sieve, and add salt and Tabasco Sauce. Bring to boiling point and add to egg yolks, diluted with cream.

Spinach Soup

4 cups Veal or Chicken Stock (pp. 153, 154)
1½ cups cooked spinach
3 cups boiling water
2 cups milk
¼ cup butter
⅓ cup flour
Salt
Pepper

Chop spinach, add to stock, and rub through sieve. Heat to boiling point, bind (p. 144), add milk, and season. Spinach water may replace part of stock.

String Bean Soup

4 cups Veal or Chicken Stock (pp. 153, 154)
2 cups cooked or canned string beans
2 cups scalded milk
¼ cup flour
¼ cup butter
Salt and pepper

Add beans to stock, cook 10 minutes, rub through sieve, add milk. Bind and season to taste. Other cooked vegetables may be substituted for string beans.

Cream of Watercress Soup

1 bunch watercress, finely cut
3 cups Veal or Chicken Stock (pp. 153, 154)
4½ tablespoons butter
⅓ cup flour
1 cup cream
¾ teaspoon salt
⅛ teaspoon pepper
Green vegetable coloring

Add cress to stock. Bring to boiling point and simmer 10 minutes. Strain and bind (p. 144). Bring to boiling point again. Add cream, salt, and pepper and color delicately.

Veal and Sago Soup

2½ pounds cheap cut of veal, chopped
3 quarts cold water
¼ pound pearl sago
2 cups scalded milk
4 egg yolks, slightly beaten
Salt and pepper

Pick over veal and remove particles of fat. Cover meat with water, bring slowly to boiling point, simmer 2 hours, skimming occasionally; strain and reheat. Soak sago ½ hour in enough cold water to cover, stir into hot stock, boil 30 minutes, and add milk. Pour mixture slowly on egg yolks. Season with salt and pepper.

Veal Tomato Bisque

3 pints Veal Stock (p. 153)
⅓ cup Tomato Purée (p. 343)
¼ cup heavy cream
½ teaspoon salt
Few grains pepper
⅛ teaspoon soda

Mix stock, pureé, and cream. Bring to boiling point and add seasonings.

SOUPS AND CHOWDERS MADE WITH FISH OR FISH STOCK

FISH STOCK

Cover head, tail, skin, and bones of any white fish with Court Bouillon (p. 192). Add more or less fish, according to convenience. Bring slowly to boiling point. Simmer 30 minutes and strain. Or use the water in which fish has been cooked.

Oyster Stew

1 quart oysters
¾ cup cold water
4 cups scalded milk
¼ cup butter
½ tablespoon salt
⅛ teaspoon pepper

Carefully pick over oysters, removing bits of shell. Add water, cook until oysters are plump and edges begin to curl. Remove oysters with skimmer and add to milk. Add strained oyster liquor, butter, salt, and pepper.

Scallop Stew

Make like Oyster Stew (see above), using 1 quart scallops in place of oysters.

Oyster Soup

1 quart oysters
4 cups milk
1 slice onion
2 stalks celery
1 blade mace
Sprig of parsley
Bit of bay leaf
⅓ cup butter
⅓ cup flour
Salt and pepper

Pick over oysters, removing bits of shell. Reserve liquor, add oysters slightly chopped, heat slowly to boiling point, and simmer 20 minutes. Strain, reheat liquor, and thicken with butter and flour cooked together. Scald milk with onion, celery, mace, parsley, and bay leaf; remove seasonings and add to oyster liquor. Season with salt and pepper.

French Oyster Soup

Just before serving Oyster Soup, pour over two egg yolks, slightly beaten. Garnish with Fish Quenelles (p. 185).

Oyster Soup, Amsterdam Style

1 quart oysters
Water
3 tablespoons butter
3½ tablespoons flour
½ teaspoon salt
Paprika
Celery salt
1 cup cream

Pick over oysters, removing bits of shell. Chop. Add 2 cups water and simmer 20 minutes. Strain through cheesecloth and add enough water to liquor to make 1 quart. Brown butter, add flour, and pour on oyster liquor gradually, while stirring constantly. Simmer ½ hour. Season and just before serving add cream.

Bisque of Oysters, Capucine

1 quart oysters
1½ quarts water
2 stalks celery
2 leeks
2 slices onion
2 sprigs parsley
2 cloves
½ bay leaf
½ cup rice
2 cups scalded milk
2 teaspoons salt
⅛ teaspoon pepper
⅛ teaspoon cayenne
⅛ teaspoon nutmeg
2 egg yolks
1 cup cream
1 cup canned peas

Prepare oysters as for Oyster Soup, Amsterdam Style. Add water, celery, leeks, onion, parsley, cloves, bay leaf, and rice. Bring to boiling point and simmer 1¼ hours. Press through sieve, add remaining seasonings, peas, and milk. Just before serving, add egg yolks and cream and bring to boiling point.

Oyster Gumbo

1 pint oysters
4 cups Fish Stock (p. 162)
¼ cup butter
1 tablespoon chopped onion
1 cup cooked or canned okra
2 cups tomatoes, cooked or canned
Salt
Pepper

Clean, pick over, and parboil oysters; drain and add oyster liquor to Fish Stock. Cook onion 5 minutes in half the butter. Add to stock. Then add okra, tomatoes, heated and drained from some of their liquor, oysters, and remaining butter. Season with salt and pepper.

Oyster Bisque

1 quart oysters
2 cups Chicken Stock (p. 154)
1½ cups stale bread crumbs
1 slice onion
2 stalks celery
Sprig of parsley
Bit of bay leaf
2 tablespoons butter
2 tablespoons flour
4 cups scalded milk
Salt
Pepper

Clean and pick over oysters, reserving liquor, setting aside soft portions, and chopping gills and tough muscles. Cook stock, bread crumbs, reserved liquor, chopped oyster, onion, celery, parsley, and bay leaf 3 minutes. Rub through sieve, bring to boiling point, and bind (p. 144). Add milk, soft portion of oysters, and season to taste.

Chicken and Oyster Consommé

1 pint oysters
½ cup cold water
4 cups Chicken Stock (p. 154)
1 teaspoon salt
Few grains cayenne
½ cup cream

Chop oysters (reserving soft portion of 12), add cold water, let simmer 25 minutes. Strain oyster liquor and add to stock. Season with salt and pepper, add cream and soft parts of oysters, cooked until plump. Reheat and serve at once to avoid separating.

Clam Bouillon

Wash and scrub with brush ½ peck of clams, changing water several times. Put in kettle with 3 cups cold water, cover tightly, and steam until shells are well opened. Strain liquor through cheesecloth, cool, and clear (p. 143), if desired. Serve with salted whipped cream or Pimiento Cream (p. 182).

Clam Consommé

Wash 2 quarts clams in shell. Put in kettle with ¼ cup cold water, cover, and cook until shells open. Strain liquor through double thickness cheesecloth, add to 4 cups Consommé, and clear (p. 143).

Clam Soup

1 quart clams
4 cups milk
1 slice onion
⅓ cup butter
2 tablespoons flour
1½ teaspoons salt
⅛ teaspoon pepper
Few gratings nutmeg
1 egg white

Clean and pick over clams, using ¾ cup cold water; reserve liquor. Put aside soft part of clams; chop finely hard part, add to liquor, bring gradually to boiling point; strain through cheesecloth and bind (p. 144). Scald milk with onion, remove onion, add stock, seasonings, and soft part of clams. Bring to boiling point and pour over egg white beaten stiff.

Cream of Clam Soup

Make like French Oyster Soup (p. 163), using clams in place of oysters.

Clam and Oyster Soup

Make like Clam Soup (see above), using 1 pint clams, and cooking with them 1 pint oysters, chopped, and their liquor. Egg white may be omitted.

Clam and Tomato Broth

Combine 2 cups Clam Consommé or Clam Bouillon (p. 164) with 2 cups Clear Tomato Soup (p. 178). Season to taste with celery salt. Serve with salted whipped cream.

Clam and Chicken Frappé

Wash and scrub with brush 2 quarts clams, changing water several times. Put in kettle with ½ cup cold water, cover tightly, and steam until shells are well opened. Remove clams from shells and strain liquor through double thickness cheesecloth. To 1⅔ cups clam liquor add 2½ cups Chicken Stock (p. 154), highly seasoned. Cool and freeze to mush. Serve with whipped cream.

Clam and Tomato Bisque

1 quart clams	2 cups cream
1½ cups cold water	1 cup stewed and strained tomatoes
⅛ cup butter	⅛ teaspoon soda
⅛ cup flour	Salt
½ onion	Cayenne

Pour water over clams, then drain. To water add hard part of clams, finely chopped. Heat slowly to boiling point, cook 20 minutes, then strain. Cook butter with onion 5 minutes; remove onion, add

flour, and gradually clam water. Add cream, soft part of clams, and as soon as boiling point is reached, tomatoes to which soda has been added. Season with salt and cayenne and serve at once.

Manhattan Clam Bisque

2 quarts clams in shells
½ cup cold water
Hot water
3 tablespoons butter
3½ tablespoons flour
½ teaspoon salt
Few grains paprika
½ cup cream
½ cup milk

Wash clams thoroughly, put in kettle, add cold water, cover, and cook until shells are partially opened. Strain liquor through double thickness of cheesecloth and add enough hot water to make 1 quart liquid. Brown butter, add flour, and continue browning; pour on gradually the liquid. Bring to boiling point and simmer 20 minutes. Season and just before serving add cream. Garnish with Pimiento Cream (p. 182).

Corinthian Clam Bisque

2 dozen soft-shelled clams
¼ cup water
1 sliced onion
Sprig parsley
Salt and pepper
2 cloves
Blade mace
2 tablespoons cornstarch
2 tablespoons cold water
1 quart milk

Wash clams, put in kettle, add water, cover, bring to boiling point, and cook until shells open. Remove clams from shells, chop finely, and add to liquor; then add onion, parsley, cloves, and mace, and simmer 30 minutes. Scald milk and thicken with cornstarch diluted with cold water. Cook 10 minutes and add clam water strained through double thickness of cheesecloth. Season and serve with salted whipped cream.

Cream of Scallop Soup

1 quart scallops
4 cups milk
2 cloves
Bit of bay leaf
¼ teaspoon peppercorns
1 tablespoon chopped onion
5 tablespoons butter
¼ cup flour
Salt
Pepper

Clean scallops, reserve ½ cup and chop remainder finely. Add these to milk, with seasonings and 2 tablespoons butter, and cook slowly 20 minutes. Strain and bind (p. 144). Parboil reserved scallops and add to soup.

Lobster Bisque

2 pounds lobster
2 cups Chicken Stock (p. 154) or water
4 cups milk
¼ cup butter
¼ cup flour
1½ teaspoons salt
Few grains of cayenne

Remove meat from lobster shell. Add cold water or stock to body bones and tough end of claws, cut in pieces; bring slowly to boiling point and cook 20 minutes. Drain, reserve liquor, and thicken with butter and flour cooked together. Scald milk with tail meat of lobster, finely chopped. Strain, add to liquor. Season with salt and cayenne. Add tender claw meat, cut in dice, and body meat. When coral is found in lobster, wash, wipe, force through fine strainer, put in mortar with butter, work until well blended, then add flour and stir into soup.

Nymph Aurora (Shrimp Soup)

1 quart Chicken Stock (p. 154)
2 slices onion
2 slices carrot
Bit of bay leaf
Sprig of marjoram
Blade mace
½ teaspoon peppercorns
2 tablespoons cornstarch
Green vegetable coloring
½ teaspoon salt
⅛ teaspoon pepper
2 tablespoons lemon juice
½ pint shrimps, fresh or canned
½ cup heavy cream

Cook stock with onion, carrot, bay leaf, marjoram, mace, peppercorns, and cornstarch 12 minutes. Strain, color delicately green, and season with salt, pepper, and lemon juice. Add shrimps cut in pieces. Reheat, add cream beaten until stiff, and serve at once.

Crab Soup

6 hard-shelled crabs
3 cups Chicken Stock (p. 154)
⅔ cup stale bread crumbs
1 slice onion
1 sprig parsley
2 tablespoons butter
2 tablespoons flour
1 cup cream
Salt
Cayenne

Remove meat from crabs and chop finely. Add stock, bread crumbs, onion, and parsley, and simmer 20 minutes. Rub through sieve, bind with butter and flour cooked together. Add cream and seasonings.

Halibut Soup

¾ cup cooked halibut
1 pint milk
1 slice onion
Blade of mace
3 tablespoons butter
1½ tablespoons flour
½ teaspoon salt
Few grains pepper

Rub fish through sieve. Scald milk with onion and mace. Remove seasonings and add fish. Bind with half the butter and flour cooked together. Add salt, pepper, and the remaining butter in small pieces.

Salmon Soup

1 cup salmon
1 quart scalded milk
2 tablespoons butter
4 tablespoons flour
1½ teaspoons salt
Few grains pepper

Drain oil from salmon, remove skin and bones, rub through sieve. Add gradually milk, season, and bind.

FISH CHOWDERS, ETC.

Fish Chowder

4-pound cod or haddock
1 quart potatoes cut in ¼-inch slices, or in ¾-inch cubes
1 sliced onion
1½-inch cube fat salt pork
1 tablespoon salt
⅛ teaspoon pepper
3 tablespoons butter
4 cups scalded milk
8 common crackers

Order the fish skinned, but head and tail left on. Cut off head and tail and remove fish from backbone. Cut fish in 2-inch pieces and set aside. Put head, tail, and backbone broken in pieces, in stewpan; add 2 cups cold water and bring slowly to boiling point; cook 5 minutes. Cut salt pork in small pieces and try out, add onion, and fry 5 minutes; strain fat into stewpan. Add potatoes to fat; then add 2 cups boiling water and cook 5 minutes. Add liquor drained from bones, add fish; cover and simmer 10 minutes. Add milk, salt, pepper, butter, and crackers split and soaked in enough cold milk to moisten (otherwise they will be soft on the outside, but dry on the inside).

Connecticut Fish Chowder (with Tomato)

Prepare like Fish Chowder, cooking potatoes in liquor drained from bones. Use 2½ cups stewed and strained tomatoes in place of milk and add ⅔ cup cracker crumbs just before serving.

Fish Chowder with Fish Balls (German Chowder)

3-pound haddock
1 quart cold water
2 slices carrot
Bit of bay leaf
Sprig of parsley
2 tablespoons cracker crumbs
Salt, pepper, cayenne
2 tablespoons melted butter
Few drops onion juice
1 beaten egg
1 quart potatoes cut in ¾-inch cubes
2-inch cube fat salt pork
1 sliced onion
5 tablespoons flour
1 quart scalded milk
¼ cup butter
8 common crackers

Clean, skin, and bone fish. Add to bones cold water, carrot, bay leaf, and parsley, and simmer 20 minutes. Strain stock from bones into large saucepan or kettle. Chop raw fish meat; there should be 1½ cups. Add cracker, seasonings, melted butter, and egg, then shape in small balls. Try out pork, add onion, and cook 5 minutes. Strain into fish stock and add potatoes and fish balls. Cook until potatoes are soft. Thicken milk with butter and flour cooked together. Combine mixtures and season highly with salt, pepper, and cayenne. Add crackers, split and soaked in cold milk.

Bouillabaisse

3 pounds white fish
½ cup oil
1 dozen oysters, clams, or mussels
½ cup shrimps, crab or lobster meat
2 large tomatoes or 1 cup canned
2 cups fish stock or boiling water
1 pinch saffron
Juice 1 lemon
1 bay leaf
2 medium-sized onions, sliced
1 carrot
½ cup canned pimiento, cut in small pieces
1 garlic clove, bruised
1 tablespoon minced parsley
Toast

Heat oil, add carrot, onion, garlic, fish in pieces (salted), tomato (strained), bay leaf, and stock. Simmer 20 minutes. Add shellfish, pimiento, and saffron to taste. Season with salt, pepper, and lemon

juice. Put toast in deep dish, add bouillabaisse, and sprinkle with parsley.

Clam Chowder

1 quart clams
4 cups potatoes, cut in ¾-inch cubes
1½-inch cube fat salt pork
1 sliced onion
1 tablespoon salt
⅛ teaspoon pepper
4 tablespoons butter
4 cups scalded milk
8 common crackers

Clean and pick over clams, using 1 cup cold water; drain, reserve liquor, heat to boiling point, and strain. Chop finely hard part of clams; cut pork in small pieces and try out; add onion, fry 5 minutes, and strain into a stewpan. Parboil potatoes 5 minutes in boiling water to cover; drain and put a layer in bottom of stewpan; add chopped clams, sprinkle with salt and pepper, and dredge generously with flour; add remaining potatoes, again sprinkle with salt and pepper, dredge with flour, and add 2½ cups boiling water. Cook 10 minutes, add milk, soft part of clams, and butter; boil 3 minutes and add crackers split and soaked in enough cold milk to moisten. Reheat clam water to boiling point and thicken with one tablespoon butter and flour cooked together. Add to chowder just before serving.

The clam water has a tendency to cause the milk to separate, hence is added last.

Rhode Island Chowder

1 quart clams
3-inch cube fat salt pork
1 sliced onion
½ cup cold water
4 cups potatoes, cut in ¾-inch cubes
2 cups boiling water
1 cup stewed and strained tomatoes
¼ teaspoon soda
1 cup scalded milk
1 cup scalded cream
2 tablespoons butter
8 common crackers
Salt and pepper

Cook pork with onion and cold water 10 minutes; drain and reserve liquor. Wash clams and reserve liquor. Parboil potatoes 5 minutes and drain. To potatoes add reserved liquors, hard part of clams, finely chopped, and boiling water. When potatoes are nearly done, add tomatoes, soda, soft part of clams, milk, cream, and butter. Season with salt and pepper. Split crackers, soak in cold milk to moisten, and reheat in chowder.

Lobster Chowder

2-pound lobster	1 slice onion
3 tablespoons butter	1 cup cold water
¼ cup cracker crumbs	Salt
4 cups milk	Paprika or cayenne

Remove meat from lobster shell and cut in small dice. Cream 2 tablespoons butter, add liver of lobster (green part), and crackers; scald milk with onion, remove onion, and add milk to mixture. Cook body bones 10 minutes in cold water to cover; strain and add to mixture with lobster dice. Season with salt and paprika.

CHAPTER 14

VEGETABLE AND CREAM SOUPS

Cream of Vegetable Soup I (General Recipe)

½ to 1 cup cooked vegetable, mashed or chopped
3 cups milk
2 slices onion
2 tablespoons butter
2 tablespoons flour
Salt and pepper

Cook vegetable, milk, and onion in double boiler 20 minutes. Rub through sieve, reheat, and bind (p. 144). Season to taste.

Cream of Vegetable Soup II (General Recipe)

2 cups White Sauce I (p. 343)
2 cups cooked vegetable or vegetables
2 cups vegetable stock (water in which vegetables were cooked or that drained from can)
Salt and pepper

Omit seasoning in making White Sauce if vegetable stock is salted. Add vegetables and vegetable stock. Boil 2 minutes. Put through sieve and season to taste. If desired, sprinkle with grated cheese. A combination of almost any vegetables may be used.

Cream of Asparagus Soup

See Cream of Vegetable Soup above.

Cream of Artichoke Soup

6 Jerusalem artichokes
4 cups boiling water
2 tablespoons butter
2 tablespoons flour
1½ teaspoons salt
Few grains cayenne
Few gratings nutmeg
1 cup scalded cream
1 egg, slightly beaten
2 cucumbers pared and cut in ⅓-inch cubes

Cook artichokes in boiling water until soft and rub through sieve. Melt butter, add flour and seasonings, pour on hot liquor, and cook 1 minute. Add cream, egg, and cucumbers fried (sautéed) in butter.

Black Bean Soup

1 pint black beans
2 quarts cold water
1 small onion, sliced
2 stalks celery broken in pieces
or ¼ teaspoon celery salt
½ tablespoon salt
⅛ teaspoon pepper
¼ teaspoon mustard
Few grains cayenne
3 tablespoons butter
1½ tablespoons flour
2 hard-cooked eggs, cut in thin slices
Juice 2 lemons
1 lemon thinly sliced

Soak beans overnight. Drain and add cold water. Cook onion 5 minutes with half the butter and add to beans. Add celery, simmer 3 or 4 hours or until beans are soft, adding more water as water boils away. Rub through sieve. Reheat to boiling point. Add lemon juice and well-mixed seasonings. Bind with remaining butter and flour cooked together. Garnish with lemon and eggs.

Baked Bean Soup

3 cups cold baked beans
3 pints water
2 slices onion
2 stalks celery
1½ cups stewed and strained tomatoes
2 tablespoons butter
2 tablespoons flour
1 tablespoon Chili Sauce
Salt
Pepper

Put beans, water, onion, and celery in saucepan; bring to boiling point and simmer 30 minutes. Rub through sieve, add tomato and Chili Sauce, season to taste. Bind with butter and flour cooked together.

Cream of Lima Bean Soup

1 cup dried Lima beans
3 pints cold water
2 slices onion
4 slices carrot
1 cup cream or milk
4 tablespoons butter
2 tablespoons flour
1 teaspoon salt
½ teaspoon pepper

If desired, soak beans overnight and drain. Add cold water; cook until soft and rub through sieve. Cut vegetables in small cubes and cook 5 minutes in half the butter; remove vegetables, add flour, salt, and pepper, and stir into boiling soup. Add cream, reheat, strain, and add remaining butter in small pieces.

Celery Soup I

3 cups celery (cut in ½-inch pieces)
1 pint boiling water
2½ cups milk
1 slice onion
3 tablespoons butter
¼ cup flour
Salt and pepper

Cook celery in boiling water until soft and rub through sieve. Scald milk with onion, remove onion, and add milk to celery. Bind (p. 144). Season with salt and pepper. Outer and old stalks of celery may be used for soups.

Celery Soup II

3 stalks celery, cut in 1-inch pieces
3 cups milk
1 slice onion
3 tablespoons butter
3 tablespoons flour
Salt and pepper
1 cup cream or top milk

Crush celery in top of double boiler. Add onion and milk. Cook 20 minutes and strain. Bind (p. 144). Season and add cream.

Celery and Tomato Purée

1 bunch celery, cut in 1-inch pieces
2 teaspoons salt
3 pints cold water
2 tablespoons fat salt pork
1 onion, sliced
1 small carrot, sliced
1 leek, sliced
½ teaspoon thyme
2 cloves
Bit of bay leaf
1 teaspoon peppercorns
2 sprigs parsley
1 clove garlic, crushed
2 tablespoons butter
2 tablespoons flour
1 pint tomatoes
1 tablespoon sugar
Salt and pepper

Crush celery, add water and salt, bring slowly to boiling point, and simmer 1 hour. Try out pork fat, add vegetables and seasonings, and cook 10 minutes, stirring constantly. Add tomatoes and sugar and season to taste. Combine mixtures and bind (p. 144). Cover and cook slowly 1 hour. Rub through sieve.

Corn Soup

2 cups canned corn
2 cups boiling water
2 cups milk
1 slice onion
2 tablespoons butter
2 tablespoons flour
Salt
Pepper

Chop corn, add water, milk, and onion, and cook 20 minutes in top of double boiler. Rub through sieve. Bind (p. 144). Serve with popped corn.

Corn Chowder

2 cups canned corn
4 cups potatoes, cut in ¼-inch slices
1½-inch cube fat salt pork
1 sliced onion
4 cups scalded milk
8 common crackers
3 tablespoons butter
Salt and pepper

Cut pork in small pieces and try out; add onion and cook 5 minutes, stirring often that onion may not burn; strain fat into stewpan. Parboil potatoes 5 minutes in boiling water to cover; drain and add potatoes to fat; then add 2 cups boiling water; cook until potatoes are soft, add corn and milk, then heat to boiling point. Season with salt and pepper; add butter, and crackers split and soaked in enough cold milk to moisten.

Cream of Mushroom Soup (without Stock)

Follow recipe for Cream of Mushroom Soup (p. 159) substituting cold water for stock.

Pea Soup

2 cups peas, cooked or canned
2 teaspoons sugar
2 cups cold water
2 cups milk
1 slice onion
2 tablespoons butter
2 tablespoons flour
Salt
Pepper

Add sugar and water to peas and simmer 20 minutes. Rub through sieve, reheat, and thicken with butter and flour cooked together. Scald milk with onion, remove onion, and add milk to pea mixture and season. Liquor drained from peas may replace part of water.

Split Pea Soup

1 cup dried split peas
2½ quarts cold water
2 cups milk
½ onion
3 tablespoons butter
2 tablespoons flour
1½ teaspoons salt
⅛ teaspoon pepper
2-inch cube fat salt pork

Pick over peas and soak several hours, drain, add cold water, pork, and onion. Simmer 3 or 4 hours, or until soft; rub through sieve. Add butter and flour cooked together, salt, and pepper. Dilute with milk, adding more if necessary. The water in which a ham has been cooked may be used; in such case omit salt.

Potato Soup

3 potatoes
1 quart milk
2 slices onion
3 tablespoons butter
2 tablespoons flour
1½ teaspoons salt
¼ teaspoon celery salt
⅛ teaspoon pepper
Few grains cayenne
1 teaspoon chopped parsley

Cook potatoes in boiling, salted water; when soft, rub through strainer or use 2½ cups mashed potato. Scald milk with onion, remove onion, and add milk slowly to potatoes, using a whisk. Melt half the butter, add dry ingredients, stir until well mixed, then stir into hot soup; boil 1 minute, strain, add remaining butter, and sprinkle with parsley.

Appledore Soup

Just before serving Potato Soup add 3 tablespoons tomato catsup or more, if desired.

Swiss Potato Soup

4 small potatoes
1 large flat white turnip
3 cups boiling water
1 quart scalded milk
½ onion, cut in slices
4 tablespoons butter
⅓ cup flour
1½ teaspoons salt
⅛ teaspoon pepper

Wash, pare, and cut potatoes in halves. Wash, pare, and cut turnips in ¼-inch slices. Parboil together 10 minutes, drain, add onion and boiling water. Cook until vegetables are soft; drain, reserving water to add to vegetables after rubbing them through sieve. Add milk, reheat, and bind (p. 144). Season with salt and pepper.

Leek and Potato Soup

1 bunch leeks
1 cup celery
2½ tablespoons butter
1 quart milk
2½ cups potatoes
5 tablespoons butter
2 tablespoons flour
Salt and pepper
Cayenne

Cut leeks and celery in very thin slices crosswise and cook in 3 tablespoons butter, stirring constantly, 10 minutes. Add milk and cook in double boiler 40 minutes. Cut potatoes in slices and cut slices in small pieces; then cook in boiling salted water 10 minutes.

Melt 2 tablespoons butter, add flour, milk with vegetables, and potatoes. Cook until potatoes are soft and season with salt, pepper, and cayenne.

Vegetable Soup I

1 small carrot
½ turnip
2 stalks celery
2 potatoes
½ onion, cut in thin slices
1 quart water
5 tablespoons butter
½ tablespoon finely chopped parsley
Salt and pepper

Wash and scrape or pare vegetables and cut in cubes of uniform size. Mix vegetables (except potatoes) and cook 10 minutes in 4 tablespoons butter, stirring constantly. Add potatoes, cover, and cook 2 minutes. Add water and boil 1 hour, or until vegetables are soft. If desired, beat with spoon or fork to break vegetables. Add remaining butter and parsley. Season with salt and pepper.

Vegetable Soup II or Vegetable Chowder

1 cup sliced okra, cooked or canned
2 cups tomato
½ cup peas
2 onions, thinly sliced
3 potatoes, in small cubes
1 stalk celery, cut fine
2 green peppers, chopped
2 quarts water
3 slices bacon, diced

Cook bacon until crisp and brown, add other ingredients. Cook slowly until vegetables are soft. Season to taste with salt and pepper. Many other vegetables may be added, chopped or in small pieces, such as cabbage, asparagus, carrots, broccoli or cauliflower flowerets, lima beans, etc.

Cream of Spinach Soup

See Cream of Vegetable Soup (p. 172).

Squash Soup

¾ cup cooked squash
1 quart milk
1 slice onion
2 tablespoons butter
3 tablespoons flour
1 teaspoon salt
Few grains pepper
¼ teaspoon celery salt

Rub squash through sieve before measuring. Scald milk with onion, remove onion, and add milk to squash; season and bind (p. 144).

Clear Tomato Soup or Mock Bouillon

1 quart can tomatoes
1 cup water
2 stalks celery
4 slices carrot
½ small onion, sliced
1 small green pepper
3 cloves
½ teaspoon peppercorns
blade of mace
1 tablespoon lemon juice
Salt
Pepper

Put tomatoes and water in saucepan, add celery cut in pieces, carrot, onion, green pepper (from which seeds have been removed), cloves, peppercorns, and mace. Bring to boiling point and simmer 15 minutes. Strain, and add lemon juice, salt, and pepper. Cool and clear (p. 143). Serve hot or cold in bouillon cups.

Jellied Mock Bouillon

Before straining Mock Bouillon, add 2 tablespoons granulated gelatine. Cool and clear. Turn into bouillon cups and chill.

Tomato Soup

1 quart tomatoes, raw or canned
1 pint water
12 peppercorns
Bit of bay leaf
4 cloves
2 teaspoons sugar
1 teaspoon salt
2 tablespoons butter
3 tablespoons flour
1 slice onion

Cook tomatoes, water, seasonings, and sugar 20 minutes. Strain and add salt. Brown butter, add flour, and cook together. Bind (p. 144) and strain.

Cream of Tomato Soup

2 cups tomatoes, raw or canned
2 teaspoons sugar
¼ teaspoon soda
1 quart milk
1 slice onion
4 tablespoons flour
1 teaspoon salt
⅛ teaspoon pepper
⅓ cup butter

Scald milk with onion, remove onion, and thicken milk with flour diluted with cold water until thin enough to pour, being careful that the mixture is free from lumps. Cook 20 minutes in double boiler, stirring constantly at first. Cook tomatoes with sugar 15 minutes, add soda, and rub through sieve; add to milk. Add butter, salt, and pepper.

Mock Bisque Soup

2 cups raw or canned tomatoes
2 teaspoons sugar
⅛ teaspoon soda
½ onion, stuck with 6 cloves
Sprig of parsley
Bit of bay leaf
½ cup stale bread crumbs
4 cups milk
½ tablespoon salt
⅛ teaspoon pepper
⅓ cup butter

Scald milk with bread crumbs, onion, parsley, and bay leaf. Remove seasonings and rub through sieve. Cook tomatoes with sugar 15 minutes (shorter time if canned tomatoes are used). Add soda and rub through sieve. Reheat bread and milk to boiling point, add tomatoes, butter, salt, and pepper.

Corn Mock Bisque Soup

2 cups canned corn, chopped
1 quart milk
1 slice onion
3 tablespoons flour
¼ cup cold water
2 cups canned tomatoes
¼ teaspoon soda
⅓ cup butter
2 teaspoons salt
⅛ teaspoon pepper
⅛ teaspoon paprika

Scald milk in double boiler with corn and onion. Mix flour with cold water to form smooth paste and add to scalded milk; then cook 20 minutes, stirring constantly at first and afterward occasionally, and rub through sieve. Cook tomatoes 10 minutes, add soda, and rub through sieve. Combine mixtures and strain. Add butter bit by bit and seasonings.

Berkshire Soup (Tomato and Corn)

1 onion, finely chopped
¼ cup butter
½ bay leaf
12 peppercorns
2 tablespoons flour
2 cups canned tomatoes
2 tablespoons sugar
1 teaspoon salt
½ teaspoon pepper
2 cups water
2 cups canned corn, chopped
½ cup cream
2 egg yolks, slightly beaten

Cook onion and butter 5 minutes, stirring constantly. Add bay leaf, peppercorns, and flour, and cook 2 minutes. Add other ingredients. Simmer 30 minutes and strain. Just before serving, add egg yolks, diluted with cream.

CHAPTER 15

SOUP ACCOMPANIMENTS, GARNISHES, AND FORCEMEATS

AN ASSORTMENT OF SOUP ACCOMPANIMENTS

Crisp Crackers

Split common crackers and spread with butter, allowing ¼ teaspoon butter to each half cracker; put in pan and bake until delicately browned.

Soufflĕd Crackers

Split common crackers and soak in ice water to cover, 8 minutes. Dot over with butter and bake in hot oven (500° F.) until puffed, and then reduce heat (375° F.) until browned (about 45 minutes).

Cheese Crackers

Arrange thin crackers or saltines in pan. Brush over with melted butter, sprinkle with grated cheese, and bake until cheese melts.

Croûtons I (Duchess Crusts)

Cut stale bread in ⅓-inch slices and remove crusts. Spread thinly with butter. Cut slices in ⅓-inch cubes, put in pan, and bake until delicately brown or fry in deep fat.

Croûtons II

Cut stale bread in small cubes. Fry (sauté) in melted butter, turning frequently, that all sides may be equally browned.

Cheese Sticks

Cut bread sticks in halves lengthwise, spread thinly with butter, sprinkle with grated cheese seasoned with salt and cayenne, and bake until delicately browned.

Imperial Sticks in Rings

Cut stale bread in ⅓-inch slices, remove crusts, spread thinly with butter, and cut slices in ⅓-inch strips and rings; put in pan and bake until delicately browned. Arrange 3 sticks in each ring.

Mock Almonds

Cut stale bread in ⅛-inch slices, shape with round cutter 1½ inches in diameter, then shape in almond-shaped pieces. Brush over with melted butter, put in pan, and bake until delicately browned.

Toasted Triangles

Cut stale bread in ⅛-inch slices and remove crusts; then cut in halves on the diagonal, making triangles. Toast or bake in slow oven until crisp and delicately browned.

Pulled Bread

Remove crusts from a long loaf of freshly baked water bread. Pull the bread apart until the pieces are the desired size and length, which is best accomplished by using 2 three-tined forks. Cook in slow oven until delicately browned and thoroughly dried. A baker's French loaf may be used for pulled bread if homemade is not at hand.

Toasted "Buns"

Cut bread in slices 2 inches thick. Remove crusts. Cut each slice in half. Brush entire surface with melted butter. Brown in hot oven, turning as necessary.

Pastry Strips (Whitebait Garnish)

Roll trimmings of puff paste and cut in pieces ¾ inch long and ⅛ inch wide; fry (p. 16) in deep fat until well browned.

Hominy Croûtons

Pack hominy mush in buttered small baking-powder box. When cold, remove from box, cut in ¼-inch slices and slices in ¼-inch cubes. Dip in fine crumbs, egg, and crumbs, and fry (p. 16) in deep fat.

Tapioca Garnish for Consommé

Soak ¼ cup pearl tapioca overnight in cold water to cover. Drain, and cook in boiling salted water until transparent. Again drain and add to soup. Quick-cooking tapioca may be added to soup during last 15 minutes of cooking.

Salted Whipped Cream

Slightly salt heavy cream, beaten slightly or until stiff. Grated cheese may be added.

Pimiento Cream

½ cup heavy cream
½ egg white
2 tablespoons pimiento purée
Few grains salt

To obtain pimiento purée, drain canned pimientos, dry on a towel, and force through sieve. Beat cream until stiff. Beat egg white until stiff and add to cream. Add pimiento purée and salt.

Egg Balls I

Yolks 2 hard-cooked eggs
1 raw egg yolk
⅛ teaspoon salt
Few grains cayenne
½ teaspoon melted butter

Rub yolks through sieve, add seasonings, and moisten with raw egg yolk to make of consistency to handle. Shape in small balls, roll in flour, and fry (sauté) in butter.

Egg Balls II

1 hard-cooked egg
1 raw egg yolk
⅛ teaspoon salt
Few grains cayenne
1 teaspoon heavy cream
¼ teaspoon finely chopped parsley

Rub yolk of hard-cooked egg through sieve, add white finely chopped, and remaining ingredients. Add raw egg yolk to make mixture of right consistency to handle. Shape in small balls and poach in boiling water or stock.

Egg Custard

2 egg yolks Few grains salt 2 tablespoons milk

Beat eggs slightly with fork, add milk and salt Pour into small buttered cup, place in pan of hot water, and bake in moderate oven (350° F.) until firm. Cool, remove from cup, and cut in fancy shapes with French vegetable cutters.

Harlequin Slices

3 egg yolks
2 tablespoons milk
Few grains salt
3 egg whites
Few grains salt
Chopped truffles

Beat yolks slightly, add milk and salt. Pour into small buttered cup, place in pan of hot water, and bake until firm. Beat egg whites slightly, add salt, and cook same as yolks. Cool, remove from cups, cut in slices, pack in mold in alternate layers, and press with weight. A few truffles may be sprinkled between slices if desired. Remove from mold and cut in slices.

Royal Custard

3 egg yolks, slightly beaten
1 egg, slightly beaten
½ cup Consommé (p. 145)
⅛ teaspoon salt
Slight grating nutmeg
Few grains cayenne

Combine ingredients and bake like Egg Custard.

Chicken Custard

¼ cup chopped breast meat of fowl
¼ cup Chicken Stock (p. 154)
1 egg, slightly beaten
Salt, pepper, celery salt
Nutmeg
Anchovy essence

Rub meat through sieve. Add stock, egg, and season to taste. Bake like Egg Custard. Cut in small cubes.

Noodles

1 egg ½ teaspoon salt Flour

Beat egg slightly, add salt, and flour enough to make very stiff dough; knead, toss on slightly floured board, and roll paper-thin. Cover with towel and set aside 20 minutes. Cut in fancy shapes, using sharp knife or French vegetable cutter; or roll like jelly-roll, cut in as thin slices as possible, and unroll pieces. Dry, and when needed cook 20 minutes in boiling salted water; drain and add to soup.

Noodles may be served as a vegetable.

Fritter Beans

1 egg, beaten till light
2 tablespoons milk
¾ teaspoon salt
½ cup flour

Combine ingredients. Put through colander or pastry tube into deep fat and fry until brown; drain on brown paper.

Corn Dumplings

½ cup yellow corn meal
½ teaspoon salt
1½ cups boiling water
2 eggs, slightly beaten
1 tablespoon finely chopped onion
1 tablespoon finely chopped parsley

Combine meal, salt, water, and onion. Steam 2 hours. Add eggs and parsley. Shape in small balls, roll in flour, and cook 10 minutes in hot soup.

Pâte à Choux (Choux Paste)

2½ tablespoons milk
½ teaspoon lard
½ teaspoon butter
⅛ teaspoon salt
¼ cup flour
1 egg, unbeaten

Heat butter, lard, and milk to boiling point, add flour and salt, stir vigorously. Remove from fire, add egg and stir until well mixed. Cool and drop small pieces from tip of teaspoon into deep fat. Fry (p. 16) until brown and crisp, and drain on brown paper.

Parmesan Pâte à Choux

To Pâte à Choux mixture add 2 tablespoons grated Parmesan cheese.

Marrow Balls

1 tablespoon marrow
2 tablespoons cracker crumbs
1 egg
¼ teaspoon salt
Pepper
Nutmeg

Work marrow until creamy. Add other ingredients. Let stand several hours if possible. Shape in small balls and cook 10 minutes in boiling water or soup.

Quenelles

Shape any forcemeat mixture in small balls or between tea or tablespoons, making an oval, or force mixture through pastry bag on buttered paper. Cook in boiling salted water or stock. Serve as garnish to soups or other dishes, or serve as an entrée with a sauce.

Mock Quenelles

1 egg, slightly beaten
Cracker dust
Salt, celery salt, and cayenne

Add cracker dust to egg until mixture is of right consistency to poach. Season. Shape by forcing through paper cone on buttered paper. Invert paper in boiling soup to cook quenelles.

Fish Forcemeat I

¼ cup fine stale bread crumbs
¼ cup milk
1 egg, well beaten
⅔ cup raw fish
Salt

Cook bread and milk to paste, add egg, and fish forced through food chopper and worked until smooth. Season with salt. Bass, halibut, or pickerel are the best fish to use for forcemeat. Shape in small balls and cook in soup.

Fish Forcemeat II

⅔ cup raw halibut
1 egg white
Salt
Pepper
Cayenne
½ cup heavy cream

Chop fish finely, or force through food chopper. Pound in mortar, adding gradually egg white, and work until smooth. Add seasonings, rub through sieve, and add cream.

Salmon Forcemeat

½ cup milk
½ cup soft stale bread crumbs
½ cup cold flaked salmon
2 tablespoons cream
1 egg, slightly beaten
2 tablespoons melted butter
½ teaspoon salt
Few grains pepper

Cook milk and bread crumbs 10 minutes, add salmon chopped and rubbed through sieve. Add cream, egg, butter, salt, and pepper.

Oyster Forcemeat

Fish Forcemeat I (p. 185)
¼ small onion, finely chopped
⅓ cup soft part of oysters, parboiled and finely chopped
½ tablespoon butter
⅓ cup mushrooms, finely chopped
⅓ cup White Sauce III (p. 344)
Salt, pepper, and cayenne
1 teaspoon finely chopped parsley

Fry onion 5 minutes in butter. Combine ingredients. Mix thoroughly.

Clam Forcemeat

Follow recipe for Oyster Forcemeat, using soft part of clams in place of oysters.

Chicken Forcemeat I

½ cup fine stale bread crumbs
½ cup milk
2 tablespoons butter
1 egg white, beaten stiff
⅔ cup breast raw chicken
Salt
Few grains cayenne
Slight grating nutmeg

Cook bread and milk to a paste, add butter, egg white, and seasonings; then add chicken pounded and forced through purée strainer or food chopper.

Chicken Forcemeat II

½ breast raw chicken
1 egg white
Salt
Pepper
Slight grating nutmeg
Heavy cream

Chop chicken finely or force through food chopper. Pound in mortar, add gradually egg white, and work until smooth; then add heavy cream slowly until of right consistency, which can only be determined by cooking a small ball in boiling salted water. Add seasonings and rub through sieve.

Veal Forcemeat I

Make like Chicken Forcemeat I (see above), using ½ pound of veal instead of chicken.

Veal Forcemeat II

½ cup finely chopped raw veal
2 tablespoons finely chopped fat salt pork
½ cup soft bread crumbs
1 tablespoon butter
1 tablespoon finely chopped onion
½ teaspoon salt
⅛ teaspoon pepper
1 egg, slightly beaten

Cook crumbs and butter 3 minutes. Add veal and pork. When well blended, add other ingredients.

CHAPTER 16

FISH

To Select Fish. Do not hesitate to try unfamiliar fish at least once. Each locality has delicious fish peculiar to it. Substitute any dry-meated fish in recipes calling for halibut or haddock.

A fresh fish has firm and elastic flesh, bright eyes and gills, and a characteristic odor which can only be described as "fresh," but which is easily learned. Fresh fish sinks when put in water.

Allow one pound of solid fish for three persons or one pound for two persons, if bought in the round (with skin and bones).

To Keep Fish. Because of its strong odor, fish should never be put in a refrigerator with other food, unless closely covered. A tin lard pail is useful for this purpose. If fish is not to be used for a day or two, clean it, cut in pieces, and cook for a few minutes in oil.

To Prepare Frozen Fish. Cook without thawing.

To Clean Fish. Fish are cleaned and dressed at market as ordered, but need additional cleaning before cooking. Remove scales which have not been taken off. This is done by drawing a knife over fish, beginning at tail and working toward head, occasionally wiping knife and scales from fish. Incline knife slightly towards you, to prevent scales from flying. The largest number of scales will be found on the flank. Wipe fish thoroughly inside and out with cloth wrung out of cold water, removing any clotted blood which may be found adhering to backbone.

Head and tail may or may not be removed, according to size of fish and manner of cooking. Small fish are often served with head and tail left on.

Whether fish is dressed at home or at market, head, tail, and bones should be retained to make Fish Stock (p. 162).

To Skin Fish. With sharp knife remove fins along the back and cut off a narrow strip of skin the entire length of back. Loosen skin on one side from bony part of gills. If fish is fresh, skin may be readily drawn off. If flesh is soft, do not work too quickly, as it will be badly torn. By allowing knife to closely follow skin this may be avoided.

After removing skin from one side, turn fish and skin the other side.

To Bone Fish. Clean and skin before boning. Beginning at the tail, run a sharp knife under flesh close to backbone, and with knife follow bone (making as clean a cut as possible) its entire length, thus accomplishing the removal of half the flesh; turn and remove flesh from other side. Pick out with fingers any small bones that may remain. Cod, haddock, halibut, and whitefish are easily and frequently boned; flounders and smelts occasionally.

To Fillet Fish. Clean, skin, and bone. A piece of fish, large or small, freed from skin and bones, is known as a fillet. Haddock and similar fish are filleted, wrapped in wax paper, and sold fresh, or packed in ice or frozen. When very quickly frozen they are shipped long distances, arriving in as good condition as though freshly caught. Halibut, cut in three-fourths inch slices, is often cut in fillets, and fillets are frequently rolled. When flounder is cut in fillets, it is served under the name of *fillet of sole*. Sole found in English waters is much esteemed, and flounder is our nearest approach to it.

WAYS OF COOKING FISH

Baked Fish (Quick Method)

For ease in serving baked fish, use an oven-proof platter and send fish to the table in the same dish.

Government experiment has shown that cooking fish quickly in a very hot oven best retains both flavor and food value, as well as being the simplest method of preparation.

Cut fish in pieces for serving, dip in well-salted milk (1 tablespoon salt to each cup) and then in finely sifted bread crumbs. Place in oiled or buttered baking pan, sprinkle with oil or melted butter (about 1 tablespoon to each pound of fish) and brown quickly (about 10 minutes) in very hot oven (550° F.). Use no water in pan.

For fish weighing a pound or less, clean, remove heads and tails, and cook in same way.

Baked Fish, Whole and Stuffed

For fish weighing 3 to 5 pounds, clean and scale, removing head and tail or not, as desired. Rub with salt inside and out. Stuff and sew.

Arrange in circle or in letter " S " shape, fastening with skewer. Brush with oil or melted butter and place on fish sheet in dripping pan or in oiled oven-proof glass platter. Bake 10 to 15 minutes in very hot oven (550° F.), then reduce heat as it browns to 425° F. and bake 30 to 45 minutes, according to the thickness of fish. Allow 10 minutes to the pound up to 4 pounds, and 5 minutes for each additional pound.

Oily-meated fish require no additional fat or basting. Dry-meated fish must be basted every 10 minutes, or they may be covered with thin slices of fat salt pork.

Baked Fish Cut in Fillets and Stuffed

Lay fillet on oiled fish sheet in baking dish or on oven platter that can go to the table. Sprinkle with salt, cover with stuffing and with another fillet. Brush with oil or melted butter and bake as for Baked Fish, Whole and Stuffed.

Suitable Stuffings

Plain Stuffing (p. 332)
Cracker Stuffing II (p. 332)
Mushroom Stuffing II (p. 335)
Mushroom Stuffing III (p. 335)
Celery Stuffing (p. 333)
Oyster Stuffing I (p. 335)
Oyster Stuffing II (p. 335)

Sauces for Baked Fish

White Sauce II (p. 344)
Cream Sauce (p. 344)
White Sauce with Egg (p. 344)
Brown Almond Sauce (p. 344)
Onion Sauce I (p. 345)
Drawn Butter Sauce (p. 346)
Egg Sauce I or II (p. 347)
Bercy Sauce (p. 347)
Tomato Sauce I (p. 352)
Sauce Finiste (p. 353)
Tomato Cream Sauce (p. 353)
Oyster Sauce (p. 355)

Broiled Fish

Whole. Split and clean. Remove head and tail or not, as desired. Wipe as dry as possible, sprinkle with salt and pepper. Place in well-greased broiler. Broil on flesh side, turn and broil on skin side, just long enough to make skin brown and crisp.

To remove from broiler, loosen fish on one side, turn and loosen on other side; otherwise flesh will cling to broiler. Slip from broiler on hot platter or place platter over fish and invert platter and broiler together.

In Slices. Follow directions for broiling fish whole but turn often while broiling.

Fillets. Brush with oil, sprinkle with salt and flour, and place on greased broiler or cooky sheet. Broil quickly until brown, then turn and brown other side. To turn on cooky sheet, use two broad spatulas, or put a second cooky sheet over the fillet and invert both sheets together, then remove the first sheet.

Sauces for Broiled Fish

Melted Butter
Maître d'Hôtel Butter (p. 358)
Lemon Butter (p. 358)

Fried Fish (*Sautéed*)

Use oil to avoid unpleasant fumes and to decrease danger of burning. Place 2 to 3 tablespoons in frying pan, heat, and put in fish, rolled in salted flour. Brown on one side, turn, and brown on other.

Fried Fish (*In deep fat*)

Clean, wipe as dry as possible. Sprinkle with salt, dip in flour, egg, and crumbs, and fry in deep fat (p. 16).

Sauces for Fried Fish

Hot Tartare Sauce (p. 345) Creole Sauce (p. 352)
Tartare Sauce (p. 362) Hollandaise I or II (p. 356)
Cucumber Hollandaise (p. 357)

Steamed Fish

Dry-meated fish are best for boiling or steaming as flesh will remain firm. Unless fish is to be garnished whole, it is better to cut into pieces for serving before boiling or steaming.

Sprinkle fish liberally with salt and steam over boiling water or Court Bouillon (p. 192). If in a large, thick piece, turn once. Steaming is preferable to boiling as little flavor is lost. Save any juice that comes from the fish to use in sauce in place of water.

Boiled Fish

Plunge fish into boiling Court Bouillon (p. 192) or water to which has been added salt and vinegar or lemon juice. After 5 minutes, add

cold water to reduce temperature quickly and simmer until flesh falls away from bones. Allow 6 to 10 minutes per pound, according to whether pieces are thin or thick.

Court Bouillon or water in which fish was cooked may be saved for Fish Stock or strained to use again.

Court Bouillon

⅓ cup each carrot, onion, and celery, cut in small pieces
2 sprigs parsley
2 tablespoons butter
6 peppercorns
2 cloves
½ bay leaf
1 tablespoon salt
2 tablespoons vinegar
2 quarts water

Cook carrot, onion, celery, and parsley with butter 3 minutes, add remaining ingredients, and bring to boiling point.

Sauces for Steamed or Broiled Fish

See Sauces for Baked Fish (p. 190). Use Court Bouillon in place of water called for in recipe.

FISH CHOWDERS, ETC.

Fish Chowder is a thick fish soup, with or without milk and usually with vegetables. See p. 168.

Bouillabaisse, the famous Marseilles dish, may be made of several kinds of fish and shellfish in combination, highly seasoned. See page 169.

MADE DISHES

Cooked fish and canned fish may be made into creamed dishes, croquettes, etc. For recipes see pp. 212–216.

Bass

Bake by Quick Method, whole or cut in pieces (p. 189).
Fry (sauté) (p. 191).

Baked Fillets of Bass with Brown Sauce

Cut bass into small fillets, sprinkle with salt and pepper, put into shallow pan, cover with buttered paper, and bake 12 minutes in hot oven (400° F.). Arrange in a rice border, garnish with parsley, and serve with Brown Sauce (p. 350) made with water.

Bluefish

Bake by Quick Method, whole or cut in pieces (p. 189).
Bake, stuffed (p. 189). Serve with Shrimp Sauce (p. 347).

Breslin Baked Bluefish

Bluefish
¼ cup butter, creamed
2 egg yolks
2 tablespoons onion, finely chopped
2 tablespoons pickles
2 tablespoons parsley
2 tablespoons capers
2 tablespoons lemon juice
1 tablespoon vinegar
½ teaspoon salt
⅓ teaspoon paprika

Split and bone fish, place on well-buttered sheet or oven-proof platter. Cook 20 minutes in hot oven (400° F.). Combine other ingredients. Spread over fish and continue baking until fish is done.

Bluefish à l'Italienne

4-pound bluefish
Salt and pepper
3 tablespoons cooking wine
3 tablespoons mushroom liquor
½ onion, finely chopped
8 mushrooms, finely chopped

Split and bone fish, put on buttered fish sheet or oven-proof platter, and sprinkle with salt and pepper and other ingredients. Add enough water for basting. Bake 45 minutes in moderately hot oven (375° F.), basting 5 times. Serve with Brown Sauce II (p. 350).

Bullheads

Fry (sauté) p. 191.

Cod

Bake by Quick Method, cut in pieces (p. 189).
Bake, stuffed, whole or fillets (pp. 189, 190). Oyster Stuffing (p. 335) is especially good. Serve with Oyster Sauce (p. 355).
Broil (p. 190).
Fry (sauté) in slices. Dip in granulated corn meal. Try out slices of fat salt pork in frying pan, remove scraps, and fry (sauté) steaks in fat until brown on both sides.
Steam or boil (p. 191).

Eels

Clean, skin, cut in 2-inch pieces, dip in corn meal and fry (sauté) in pork fat.

Flounder

Bake by Quick Method, whole or filleted (p. 189).
Fry (sauté) (p. 191).
Fry in deep fat (p. 191).
Steam (p. 191).
Made Dishes (pp. 212–216).

Fillets of Flounder in Paper Cases

Flounder fillets, cut in pieces
Cold cooked ham in ¼-inch slices
Melted butter
Salt and pepper

Trim ham in oblong pieces with rounding corners. Arrange thick piece of fillet on each piece of ham, sprinkle with salt and pepper, put in paper cases, and turn edges, thus preventing escape of juices. Put in pan, brush cases with melted butter, and bake 15 minutes in hot oven (400° F.). Arrange on hot serving plates without removing cases. Serve with melted butter.

Fillets of Sole, St. Malo

8 fillets of flounder
1 cup Fish Stock (p. 162)
1 tablespoon lemon juice
½ pint oysters
2 slices carrot
2 slices onion
Bit of bay leaf
Stalk of celery, broken in pieces
Normandy Sauce (p. 349) made with fish liquor left in pan
6 tablespoons Parmesan cheese

Put fillets in buttered pan, sprinkle with salt and pepper, pour over fish stock and lemon juice. Parboil oysters (p. 229), drain and put oyster liquor, carrot, onion, bay leaf, parsley, and celery on the fish. Cover with buttered paper and bake 20 minutes in hot oven (400° F.). Remove fillets to oven-proof platter. Pour Normandy Sauce over fillets, place a parboiled oyster on each, sprinkle with cheese, and bake until cheese melts.

Fillets of Sole, Marguéry

8 fillets of flounder
Bones and trimmings of fish
Salt and paprika
⅓ cup water
1 tablespoon lemon juice
1 small boiled lobster
18 little neck clams
2½ cups cold water
3 tablespoons butter
3 tablespoons flour
¼ cup grated Parmesan cheese

Put fillets in buttered dripping pan, sprinkle with salt and paprika, and pour over water and lemon juice. Cover with buttered paper and bake 15 minutes in a moderate oven (350° F.). Put bones and trimmings of fish in saucepan, add bones from a small lobster and 6 clams. Cover with cold water, bring to boiling point, and simmer until stock is reduced to 1 cup. Melt 3 tablespoons butter, add 3 tablespoons flour, and stir until well blended, then pour on gradually fish stock. Bring to boiling point, add ¼ cup liquid in which fish has cooked, and season with salt and pepper. Arrange fillets on oven-proof platter, strain over sauce, and garnish with slices of lobster meat, and 12 clams. Sprinkle with cheese and bake until thoroughly heated. Use white cooking wine in place of water and lemon juice, if desired.

Stuffed Turbans of Flounder

8 long fillets of flounder
¾ cup chopped mushroom stems
Few drops onion juice
3 tablespoons butter
4½ tablespoons flour
½ cup cream
Chopped soft part of 12 oysters or ½ cup crab meat
½ teaspoon salt
⅛ teaspoon pepper
Few grains cayenne
Few grains mace

Trim and coil fillets around inside of buttered muffin rings, placed in buttered pan. Cook mushrooms and onion juice with butter 1 minute. Add flour and stir until well blended; then add cream gradually, while stirring constantly. Bring to boiling point and add oysters

or crab meat and seasonings. Fill muffin rings with mixture, cover with buttered paper, and bake 20 minutes in moderately hot oven (325° F.). Sprinkle with buttered bread crumbs and continue baking until crumbs are brown. Other stuffings may be used.

Sole à la Bercy

8 fillets of flounder
Salt, pepper, lemon juice
¼ cup water or cooking wine
Bercy Sauce (p. 347)
Finely chopped parsley

Put fillets into buttered pan, sprinkle with salt, pepper, and lemon juice. Add wine or water. Cover and cook 15 minutes in hot oven (400° F.). Remove to serving dish, pour over Bercy Sauce, and sprinkle with parsley.

Hake

Bake by Quick Method, cut in pieces for serving (p. 189).
Steam or Boil (p. 191).
Made Dishes (pp. 212–216).

Haddock

Bake by Quick Method, cut in pieces for serving (p. 189).
Baked, whole and stuffed (p. 189). Gash and insert fat salt pork. Baste every 10 minutes.
Baked Fillets (pp. 189, 190) or any recipe for Sole or Flounder.
Fry (sauté) (p. 191).
Steam or Boil (p. 191).
Chowders, etc. (p. 168).
Made Dishes (pp. 212–216).

Baked Haddock Stuffed with Oysters

4-pound haddock
Salt and lemon juice
1 pint oysters
1 egg, slightly beaten
1 cup buttered cracker crumbs
Hollandaise I (p. 356)

Remove skin, head, tail, and bones. Sprinkle fillets with salt and brush over with lemon juice. Clean oysters and dip in buttered crumbs, seasoned with salt and pepper. Lay one fillet in greased baking pan, cover with oysters, then with other fillet. Brush with egg, cover

with crumbs, and bake 50 minutes in moderate oven (350° F.). Serve with Hollandaise.

Haddock à la Metropole

2 haddock fillets
½ cup heavy cream
1¼ tablespoons Pimiento Purée (p. 343)
½ tablespoon finely chopped chives
Normandy Sauce (p. 349)
¼ teaspoon salt
¾ cup buttered coarse bread crumbs
1½ tablespoons lemon juice

Arrange fish in buttered pan, brush over with lemon juice, sprinkle with salt and pepper, and pour over sauce. Cover with buttered paper and bake 15 minutes in moderately hot oven (375° F.). Beat cream until stiff, add pimiento purée, chives, and salt. Spread fillets with cream. Sprinkle with buttered crumbs and bake until crumbs are brown.

Baked Haddock à la Preston

2 haddock fillets
1½ tablespoons lemon juice
Salt and pepper
⅔ cup buttered bread crumbs
⅔ cup cream or milk
Mushroom Stuffing

Brush fish with lemon juice and sprinkle with salt and pepper. Put one fillet in buttered pan or on oven-proof platter, spread with stuffing, cover with remaining fillet, pour over cream or milk, and bake 25 minutes in moderately hot oven (375° F.). Sprinkle with bread crumbs and bake until crumbs are brown. Remove to hot serving dish and strain liquor remaining in pan over it.

Mushroom Stuffing. Mix ½ cup bread crumbs with 3 tablespoons melted butter and ⅓ cup mushroom caps, cut in pieces, ½ teaspoon salt and a few grains pepper.

Planked Haddock

Put two haddock fillets on buttered plank (p. 15) sprinkle with salt and pepper, brush over with melted butter, and bake 30 minutes in hot oven (400° F.). Garnish with mashed potatoes, outlining the original shape of the fish, making as prominent as possible, head, tail, and fins. Bake until potatoes are well browned, when fish should be thoroughly cooked. Finish garnishing with parsley and slices of lemon, sprinkled with finely chopped parsley.

Fillets of Haddock, White Wine Sauce

2 haddock fillets
5 tablespoons melted butter
¾ cup white cooking wine or water
½ tablespoon lemon juice
2 slices onion
2 tablespoons flour
½ cup Fish Stock (p. 162) or water
2 tablespoons heavy cream
2 egg yolks
Salt and pepper
Parsley

Arrange fillets in buttered baking pan, pour around fish 3 tablespoons melted butter, wine, or water to which has been added lemon juice, and 2 slices onion. Cover and bake 10 minutes in hot oven (400° F.). Melt 2 tablespoons butter, add flour, and pour on liquor drained from fish; then add stock or water, heavy cream, egg yolks, salt, and pepper. Remove fillets to serving dish, strain sauce over fish, and sprinkle with finely chopped parsley.

Fisherman's Haddock

Remove head and tail from a 4-pound haddock and split, or use 2 haddock fillets. Sprinkle with 1 cup salt, cover, and let stand overnight. Remove salt, rinse thoroughly, tie in cheesecloth, and cook in boiling water until tender. Drain thoroughly and remove from cheesecloth to hot platter. Garnish with steamed potatoes of uniform size and boiled beets (cut in slices and slices then cut in fancy shapes; season with butter and salt), alternating vegetables. Cut 4 ¼-inch slices fat salt pork in small cubes and try out. Serve pork scraps, pork fat, and 2 cups White Sauce II (p. 344) with the fish. Salt cod fish, heated in water below boiling point, may be served in the same way.

Halibut

Bake by Quick Method (p. 189).
Broil (p. 190).
Fry (sauté) (p. 191).
Steam or Boil (p. 191).
Made Dishes (pp. 212–216).

Baked Halibut with Tomato Sauce

2 pounds halibut
2 cups Tomato Sauce I or II (p. 352)

Clean fish, put in baking pan, pour around half the sauce, and bake 35 minutes in moderately hot oven (375° F.), basting often. Remove

to hot platter, pour around it remaining sauce heated to boiling point, and garnish with parsley.

Baked Halibut with Lobster Sauce

3 pounds sliced halibut
Fat salt pork
Salt and pepper
Flour
1 sprig parsley
1 slice onion
2 slices carrot, cut in pieces
Bit of bay leaf
¼ cup butter

Cut gashes in top of fish, insert a narrow strip of fat salt pork in each gash. Place on fish sheet in dripping pan, sprinkle with salt and pepper, and dredge with flour. Cover bottom of pan with water, add parsley, onion, carrot cut in pieces, and bay leaf. Bake 50 minutes in moderate oven (350° F.), basting with butter and liquor in pan. Serve with Lobster Sauce (p. 355).

Hollenden Halibut

2-pound piece chicken halibut
Fat salt pork
1 small onion, thinly sliced
Bit of bay leaf
3 tablespoons butter
3 tablespoons flour
¾ cup buttered crumbs

Arrange 6 thin slices salt pork on oven-proof platter or in dripping pan. Cover with onion, add bay leaf. Place halibut over pork and onion. Spread top with butter and flour creamed together. Cover with crumbs and arrange narrow strips of salt pork over crumbs. Cover with buttered paper and bake 50 minutes in moderate oven

(350° F.), removing paper during last 15 minutes to brown crumbs. Garnish with slices of lemon cut in fancy shapes, sprinkled with finely chopped parsley and paprika. Serve with White Sauce II (p. 344), using fat in pan in place of butter.

Fillets of Halibut à la Hollenden

2 slices halibut (¾ pound each)
6 thin slices fat salt pork
1 slice onion
½ bay leaf
3 tablespoons butter
3 tablespoons flour
¾ cup buttered cracker crumbs

Wipe fish and cut into 8 fillets. Take up each fillet separately, roll, and fasten with wooden skewer. Bake and serve like Hollenden Halibut, baking 20 to 25 minutes.

Halibut à la Rarebit

Sprinkle 2 small slices halibut with salt, pepper, and lemon juice; then brush over with melted butter, place on oven-proof platter or on greased fish sheet and bake 12 minutes in hot oven (400° F.). Serve with Welsh Rarebit I (p. 94) poured over fish, or pour rarebit over fish before baking.

Baked Fillets of Halibut

Cut halibut into small fillets, sprinkle with salt and pepper, put in shallow pan, cover with buttered paper, and bake 12 minutes in hot oven (400° F.). Arrange on a rice border, garnish with parsley, and serve with Hollandaise II (p. 356).

Fillets of Halibut with Brown Sauce

Cut a slice of halibut weighing 1½ pounds in 8 short fillets, sprinkle with salt and pepper, put in greased pan, and bake 5 minutes in hot oven (400° F.); drain, pour over 1½ cups Brown Sauce I (p. 350). Cover with ½ cup buttered cracker crumbs and bake until crumbs are brown.

Halibut à la Poulette

1½-pound slice halibut
¼ cup melted butter
1½ cups Béchamel Sauce (p. 346)
¼ teaspoon salt
⅛ teaspoon pepper
2 teaspoons lemon juice
Few drops onion juice
2 hard-cooked eggs
1 lemon
Parsley

Clean fish and cut in 8 fillets. Add seasonings to melted butter, and put dish containing butter in saucepan of hot water to keep butter melted. Take up each fillet separately with a fork, dip in butter, roll, and fasten with a small wooden skewer. Put in shallow pan, dredge with flour, and bake 12 minutes in hot oven (400° F.). Remove skewers, arrange on platter for serving, pour around Béchamel Sauce, and garnish with egg yolks rubbed through strainer, egg whites cut in strips, lemon cut fan-shaped, and parsley.

Fish Mousse, Normandy Sauce (Molded Fish)

1 pound halibut or other delicate fish
3 egg whites
1 cup heavy cream
Salt, pepper, cayenne
Normandy Sauce (p. 349)

Force fish through food chopper several times. Pound in top of double boiler, adding gradually unbeaten egg whites. Add cream and season to taste. Turn into generously buttered fish mold which may be decorated with bits of truffle. Set in pan of hot water and bake 20 minutes in moderate oven (350° F.) or until mixture is firm. Turn on serving dish and surround with Normandy Sauce.

Halibut à la Martin

Clean 2 slices chicken halibut and cut into 8 fillets. Season with salt, brush over with lemon juice, and roll. Arrange on tin plate covered with cheesecloth, fold cheesecloth over fillets, and cook in steamer 15 minutes. Remove to serving dish, garnish with small shrimps, and around it pour Martin Sauce (p. 350).

Fillets of Fish à la Bement

Prepare and cook fish same as for Halibut à la Martin. Insert tip of small lobster claw in each fillet and garnish with thin slice of canned mushroom, sprinkled with parsley, and a thin circular slice of truffle. Serve with Lobster Sauce III (p. 355).

Sandwiches of Chicken Halibut

Cut chicken halibut in thin fillets. Dip fillets in melted butter seasoned with salt and pepper, and brush over with lemon juice. Put together in pairs, with Fish or Chicken Forcemeat (pp. 185, 186) between. Place in shallow pan with ¼ cup white cooking wine or

water. Bake 20 minutes in hot oven (400° F.). Arrange on hot platter for serving, sprinkle with finely chopped parsley, garnish with Tomato Jelly (p. 451) and serve with Hollandaise (p. 356).

Halibut au Lit

2 slices halibut (¾ pound each)
Salt, lemon juice
8 mushrooms, fried in butter
Mushroom Sauce (p. 354)

Cut 1 slice in 8 fillets, sprinkle with salt and lemon juice, roll, and fasten with small wooden skewers. Cook over boiling water. Arrange a steamed fillet in center of each fish plate, place on top of each a cooked mushroom cap, and put mock scallops (made from remaining halibut) at both right and left of fillet. Serve with Mushroom Sauce and garnish with parsley or cress.

Mock Scallops

Cut halibut in pieces about the size and shape of scallops. Dip in crumbs, egg, and crumbs, and fry in deep fat (375° F.).

Shattuck Halibut

1½-pound slice halibut
5 slices peeled tomato (¾ inch thick)
Green pepper, cut in Julienne-shaped pieces
⅓ cup melted butter
Salt and pepper

Wipe fish and put in buttered oven-proof platter or dripping pan. Sprinkle with salt and pepper. Arrange on top tomato and green pepper. Bake 25 minutes in hot oven (400° F.). Baste with melted butter and liquor in platter.

Halibut à la Suisse

2-pound piece of halibut
Salt and pepper
½ cup butter
¼ pound mushrooms, broken in pieces
1 cup cream
1 teaspoon beef extract

Wipe fish, place in buttered dish. Sprinkle with salt and pepper. Place butter on top. Bake 15 minutes, basting twice. Cover with mushrooms and cream. Bake 15 minutes. Add beef extract to liquor in pan. Bake 10 minutes, basting twice.

Halibut Véronique

2 slices halibut (¾ pound each)
Salt and pepper
Lemon juice
Normandy Sauce (p. 349)
¾ cup skinned and seeded Malaga grapes soaked in 3 tablespoons white cooking wine or 1 tablespoon lemon juice

Cut fish into 8 fillets. Sprinkle with salt and pepper. Brush with lemon juice. Put slice of onion on each. Cover, let stand 2 hours. Remove onion, place fillets in buttered pan, and pour over Normandy Sauce. Cover and bake in hot oven (425° F.) 10 minutes. Place fish on serving platter, strain sauce, add drained grapes and 2 teaspoons liquid in which they were soaked, and pour around fish.

Halibut Loomis

2 slices chicken halibut (1 pound each)
1 onion, sliced
2 sprigs parsley
1 sprig thyme
2 cloves
Sauce Allemande (p. 348)
Bit of bay leaf
½ cup white cooking wine or 2 tablespoons lemon juice
¾ teaspoon salt
⅛ teaspoon pepper
Cold water
1 tablespoon butter

Arrange onion, parsley, thyme, cloves, and bay leaf in pan and place fish on top. Sprinkle with salt and pepper, add wine or lemon juice, and cold water to cover. Cover and let stand 2 hours. Place on range, bring to boiling point and boil gently 15 minutes. Remove to oven-proof platter and pour over Sauce Allemande made with liquor from pan instead of chicken stock. Dot over with butter, bake in hot oven (400° F.) until well browned. Sprinkle with finely chopped parsley and serve at once.

Baked Halibut, Swedish Style

1-pound slice halibut
Salt
Pepper
Melted butter
¾ cup canned tomatoes
½ teaspoon powdered sugar
½ onion
⅛ cup heavy cream

Wipe halibut and remove skin. Place in baking dish, sprinkle with salt and pepper, and brush over with melted butter. Drain tomatoes and add sugar. Spread over fish, then cover with onion, thinly sliced. Bake 20 minutes in moderately hot oven (375° F.), pour cream over and bake 10 minutes. Remove onion and serve at once, from dish in which it was cooked.

Fried Fish, Russian Style, Mushroom Sauce

2 slices halibut (¾ pound each)
Salt, pepper, and cayenne
⅓ cup white cooking wine or
1 tablespoon lemon juice
⅓ cup heavy cream
Flour
½ pound mushrooms
Normandy Sauce (p. 349)

Cut halibut in fillets, sprinkle with salt and pepper, pour over wine or lemon juice, cover, and let stand 30 minutes. Drain, dip each piece separately in heavy cream, then in flour, and fry in deep fat (395° F.). Arrange fish on serving dish, cover with mushrooms fried (sautéed) in butter, and pour over it Normandy Sauce, made with cream in which fish was dipped.

Herring (Fresh)

Bake by Quick Method (p. 189). Sprinkle with lemon juice.

Mackerel

Bake by Quick Method, whole or in fillets (p. 189).

Mackerel Baked in Milk

Split fish, clean, and remove head and tail. Put in buttered dripping pan, sprinkle with salt and pepper, dot over with butter (allowing 1 tablespoon to a medium-sized fish), and pour on ⅔ cup milk. Bake 25 minutes in hot oven (400° F.).

Perch

Bake by Quick Method (p. 189).
Fry (sauté) (p. 191).
Steam or Boil (p. 191).

Pickerel

Bake by Quick Method (p. 189).
Fry (sauté) (p. 191).
Steam or Boil (p. 191).

Pike

Bake by Quick Method (p. 189).
Fry (sauté) (p. 191).
Steam or Boil (p. 191).

Pompano

Bake by Quick Method (p. 189).
Broil (p. 190). Serve with Cucumber Hollandaise (p. 357).
Fry (sauté) (p. 191).

Broiled Pompano with Fricassee of Clams

Broil fish (p. 190). When nearly cooked, slip from broiler on to hot platter, and brush over with melted butter. Surround with 2 borders of mashed potatoes, 1 inch apart, forced through pastry bag and tube. Arrange 10 halves of clam shells between potato borders, at equal distances; fill spaces between shells with potato roses. Place in oven to finish cooking fish and to brown potatoes. Just before serving, fill clam shells with Fricassee of Clams (p. 222).

Red Snapper

Bake by Quick Method, cut in fillets (p. 189).
Fry (sauté), cut in fillets (p. 191).
Steam or Boil (p. 191).
Fish Chowder (p. 168) or Bouillabaisse (p. 169).

Salmon

Bake by Quick Method, p. 189 (cut in pieces for serving).
Broil (p. 190).
Fry (sauté) (p. 191).
Steam or Boil (p. 191).

Sardines, Fresh

Bake by Quick Method (p. 189).
Fry (sauté) (p. 191).

Grilled Sardines

Drain canned sardines and cook in omelet pan until heated, turning frequently. Place on small oblong pieces of dry toast and serve with Maître d'Hôtel (p. 358) or Lemon Butter (p. 358).

Sardines with Anchovy Sauce

Serve grilled canned sardines with sauce made of 1½ tablespoons sardine oil, 2 tablespoons flour, and 1 cup Brown Stock I (p. 144).

Season to taste with Anchovy Sauce or Paste. Serve with Brown Bread Sandwiches, having a slice of cucumber marinated with French Dressing between slices of bread.

Creamed Sardines

1 small box sardines
4 tablespoons butter
4 tablespoons soft, stale bread crumbs
1 cup cream
2 hard-cooked eggs, finely chopped
Salt, pepper, paprika
Toast

Drain sardines, remove backbones, and mash. Melt butter, add crumbs and cream. When thoroughly heated, add eggs and sardines, salt, pepper, and paprika to taste. Serve on toast.

Sardines Fried in Batter

Drain fish and pour boiling water over it to free it from oil, then remove skins. Dip in Batter III (p. 470) and fry in deep fat (395° F.); drain on brown paper. Serve with Hot Tartare Sauce (p. 345).

Scrod

A scrod is a young cod or haddock split down the back and backbone removed, except a small portion near the tail.

Broil (p. 190) or plank like Haddock (p. 197).

Shad and Shad Roe

(Baked Shad, Roe Sauce)

Clean and split a 3-pound shad. Place in an oiled dripping pan, sprinkle with salt and pepper, brush over with melted butter, and bake 30 minutes in hot oven (400° F.). Serve with Roe Sauce (p. 349).

Planked Shad

Clean and split a 3-pound shad. Put skin side down on buttered plank, sprinkle with salt and pepper, and brush over with melted butter. Bake 25 minutes in hot oven (400° F.) or broil under gas flame. Spread with butter, garnish with parsley and lemon, and serve on the plank.

Planked Shad with Creamed Roe

3-pound roe shad
3 tablespoons butter
1 teaspoon finely chopped shallot
1½ tablespoons flour
⅓ cup cream
2 egg yolks
Salt, pepper, lemon juice
½ cup buttered crumbs

Prepare shad same as Planked Shad. Parboil roe and mash. Melt butter, add shallot, and cook 5 minutes; add roe, sprinkle with flour, and add cream gradually. Cook slowly 5 minutes, add egg yolks, and season highly with salt, pepper, and lemon juice. Remove shad from oven, spread thin part with roe mixture, cover with buttered crumbs, and return to oven to brown crumbs.

Parboiled Roe

Cook shad roe 20 minutes in water to cover, with 1 tablespoon salt and 1 tablespoon vinegar; drain, cover with cold water, and let stand 5 minutes. Remove from cold water and use as desired.

Baked Shad Roe with Tomato Sauce

Place parboiled shad roe in buttered pan with ¾ cup Tomato Sauce I or II (p. 352). Bake 20 minutes in hot oven (400° F.), basting every 5 minutes. Remove to platter, and pour on ¾ cup Tomato Sauce.

Fried Shad Roe

Parboil Shad Roe. Cut in pieces, sprinkle with salt and pepper, and brush over with lemon juice. Dip in crumbs, egg, and crumbs, fry in deep fat (390° F.) and serve with Tartare Sauce (p. 362).

Creamed Shad Roe

Parboil shad roe and separate in pieces. Reheat in White Sauce II (p. 344).

Shad Roe with Celery

Parboil shad roe. Melt 3 tablespoons butter, add roe, and cook 10 minutes; then add 1 tablespoon butter, ½ cup chopped celery, few drops each onion and lemon juice, and salt and pepper. Serve on pieces of toast.

Smelts

Bake by Quick Method (p. 189).
Fry (sauté) (p. 191).

Fry (in deep fat) (p. 16). Smelts may be left in natural shape, or skewered like letter S, or with tails thrust into the mouth. They may be boned. As soon as smelts are put into fat, reduce heat so that they may not become too brown before cooked through. Garnish with Fried Gelatine (p. 337). Serve with Tartare Sauce (p. 362).

Fried Smelts with Bacon (Brittania)

Clean smelts, remove heads and tails, and cut in half-inch slices crosswise. Cut thin slices of bacon in pieces. Arrange fish and bacon alternately on skewers, having 4 of each for a service. Brush over with salad oil, season with salt and pepper, roll in crumbs, fry in deep fat (p. 16), and drain on brown paper.

Smelts à la Menière

6 smelts	Flour
Salt, pepper	Butter
Lemon juice	1 cup Chicken Stock (p. 154)
Cream	1⅓ teaspoons Anchovy Essence
1 teaspoon finely chopped parsley	

Clean smelts and cut five diagonal gashes on each side. Season with salt, pepper, and lemon juice, cover, and let stand 10 minutes. Roll in cream, dip in flour, and fry (sauté) in butter. Add to butter in pan 2 tablespoons flour, stock, Anchovy Essence, and a few drops lemon juice. Just before sauce is poured around smelts, add 1½ tablespoons butter and parsley.

Smelts à la Langtry

Split and bone 8 selected smelts. Cut off tails and from tail ends of fish turn meat over 1 inch on to flesh side. Sprinkle with salt and pepper, brush over with lemon juice. Garnish with Fish Forcemeat (p. 185) forced through pastry bag and tube, and fasten heads with skewers to keep in an upright position. Arrange in buttered pan, pour on white cooking wine or water. Cover with buttered paper and bake from 15 to 20 minutes in hot oven (400° F.). Just before taking from oven, sprinkle with lobster coral forced through a strainer. Serve with Lobster Sauce I (p. 355).

Smelts à la Guaymas

6 smelts
Salt, pepper
Few drops onion juice
Lemon juice
1 pimiento
1 tablespoon grated Parmesan cheese

Wipe, split, and bone smelts. Sprinkle with salt, pepper, onion juice, and lemon juice; cover and let stand 15 minutes: rub pimiento through sieve, add cheese. Spread smelts with mixture, roll, fasten with wooden skewers, dip in crumbs, egg, and crumbs, fry in deep fat (p. 16), and drain. Serve with Guaymas Sauce (p. 361).

Smelts, Véronique

6 smelts
Salt, pepper
Flour
Olive oil
¼ cup Jordan almonds, blanched, cut in thin slices

Clean smelts, sprinkle with salt and pepper, roll in flour and fry (sauté) in olive oil until delicately browned, turning frequently. Remove to hot serving dish and sprinkle with almonds fried (sautéed) in olive oil. Garnish with Fried Potato Curls (p. 370).

Planked Smelts

8 smelts
Maître d'Hôtel Butter (p. 358)

Clean and bone smelts and arrange on buttered plank in shape of large fish. Sprinkle with salt and pepper, spread with Maître d'Hôtel Butter and bake 12 minutes in hot oven (400° F.). Garnish with Duchess Potatoes (p. 365) and bake until fish is done and brown. Garnish (p. 337).

Smelts au Beurre Noir

6 smelts
Salt and pepper
Flour
Butter
Beurre Noir (p. 358)
½ tablespoon chopped parsley

Split and bone smelts, sprinkle with salt and pepper, roll in flour, and fry (sauté) in butter. Remove to serving dish, pour on Beurre Noir, and sprinkle with parsley.

Baked Stuffed Smelts

Clean and wipe dry as possible 12 selected smelts. Stuff, sprinkle with salt and pepper, and brush over with lemon juice. Place in buttered shallow dish, cover with buttered paper, and bake 5 minutes

in hot oven (425° F.). Sprinkle with buttered crumbs and bake until crumbs are brown. Serve with Sauce Béarnaise (p. 357).

Stuffing. Cook 1 tablespoon finely chopped onion with 1 tablespoon butter 3 minutes. Add ¼ cup finely chopped mushroom stems or caps, ¼ cup soft part of oysters (parboiled, drained, and chopped), ½ teaspoon chopped parsley, and 3 tablespoons Croquette Sauce (p. 344).

Fried Stuffed Smelts

Stuff as for Baked Stuffed Smelts, dip in crumbs, egg, and crumbs, fry in deep fat (395° F.), and serve with Tartare Sauce (p. 362).

Sole

See Flounder.

Swordfish

Fry (sauté) (p. 191).
Broil (p. 190).

Swordfish Baked in Milk

Put swordfish, cut in slices, in baking dish, sprinkle with salt and pepper, dot with 2 tablespoons butter, and pour on just enough milk to cover. Bake 40 minutes in hot oven (400° F.).

Brook Trout

Bake by Quick Method (p. 189). Leave on heads and tails.
Fry (sauté) (p. 191).

Lake Trout

Bake by Quick Method, whole or cut in pieces for serving (p. 189).
Steam or Boil (p. 191).

Tuna (Fresh)

Bake by Quick Method (p. 189).
Steam or Boil (p. 191).
Tuna is especially good for Made Dishes (pp. 212–216) and Salads.
For use of canned tuna, see Made Dishes (pp. 212–216).

Turbot

Steam or Boil (p. 191).

Whitebait

Fry (sauté) (p. 191).

Fry in deep fat (p. 191). They are so tiny that they cook very quickly.

Whitefish

Planked Whitefish (see Planked Shad, p. 206).

Frogs' Legs

Trim and clean. Sprinkle with salt and pepper, dip in crumbs, egg, and crumbs again, then fry 3 minutes in deep fat (375° F.), and drain.

Terrapin

To prepare terrapin for cooking, plunge into boiling water and boil 5 minutes. Lift out of water with skimmer and remove skin from feet and tail by rubbing with a towel. Draw out head with a skewer and rub off skin.

To Cook Terrapin. Put in kettle, cover with boiling salted water, add 2 slices each of carrot and onion, and a stalk of celery. Cook until meat is tender (35 to 40 minutes) which may be determined by pressing feet-meat between thumb and finger. Remove from water, cool, draw out nails from feet, cut under shell close to upper shell and remove. Empty upper shell and carefully remove and discard gall bladder, sandbags, and thick, heavy part of intestines. Any of the gall bladder would give a bitter flavor to the dish. The liver, small intestines, and eggs are used with the meat.

Terrapin à la Baltimore

1 terrapin
¾ cup Chicken Stock (p. 154)
Cayenne
1½ tablespoons butter
Salt and pepper
2 egg yolks

To stock add terrapin meat, with bones cut in pieces and entrails cut in smaller pieces. Cook slowly until liquor is reduced ½. Add liver separated in pieces, eggs, butter, salt, pepper, and cayenne. Egg yolks may be omitted and ½ cup butter added bit by bit.

Terrapin à la Maryland

Add to Terrapin à la Baltimore 1 tablespoon each butter and flour creamed together, ½ cup cream, 2 egg yolks slightly beaten, and

1 teaspoon lemon juice; then add, just before serving, 1 tablespoon cooking sherry. Pour into deep dish and garnish with toast or puff-paste points.

Washington Terrapin

1 terrapin
1½ tablespoons butter
1½ tablespoons flour
1 cup cream
½ cup chopped mushrooms
Salt
Few grains cayenne
2 eggs, slightly beaten

Melt butter, add flour, and pour on slowly the cream. Add terrapin meat with bones cut in pieces, entrails cut smaller, liver separated in pieces, eggs of terrapin, and mushrooms. Season with salt and cayenne. Just before serving, add eggs.

RECIPES USING COOKED FISH (Canned or Fresh)

Creamed Fish

1 cup cooked fish, in flakes
1 cup White Sauce II (p. 344)

Heat fish in White Sauce. Season highly. Serve on toast.

Salmon Wiggle

1 cup salmon, in flakes
2 cups White Sauce II (p. 344)
1 cup cooked peas

Combine ingredients. Season to taste. Reheat.

Shrimp Wiggle

Substitute shrimp for salmon in Salmon Wiggle. Other fish may be used.

Fish à la Provençale

¼ cup butter
2½ tablespoons flour
2 cups milk
Yolks 4 hard-cooked eggs
1 teaspoon Anchovy Sauce
2 cups cooked, flaked fish

Make a sauce of butter, flour, and milk. Mash egg yolks and mix with Anchovy Sauce, add to sauce, then add fish. Bring to boiling point and serve on toasted Graham bread.

Fish Hash

Use equal parts of cold flaked fish and cold boiled potatoes finely chopped. Season with salt and pepper. Try out fat salt pork, remove scraps, leaving enough fat in pan to moisten fish and potatoes. Put

in fish and potatoes, stir until heated, then cook until well browned underneath; fold, and turn like an omelet.

Fish Croquettes

1½ cups cooked, flaked fish
1 cup Croquette Sauce (p. 344)
Salt and pepper
Lemon juice

Add fish to sauce. Season to taste. Chill, shape, crumb, and fry (see Croquettes, p. 474).

Fish and Egg Croquettes

Make same as Fish Croquettes, using 1 cup fish and 3 hard-cooked eggs finely chopped.

Fish Cutlets

Mix equal parts of cold flaked fish and hot mashed potatoes. Season with salt and pepper. Shape in cutlets, crumb, and fry (see Croquettes, p. 474).

Epicurean Fish Cutlets

1¾ cups flaked, cooked fish
½ tablespoon shallot, finely chopped
2 tablespoons pimiento, finely chopped
3 tablespoons butter
⅓ cup flour
¾ teaspoon salt
¼ teaspoon paprika
½ cup milk
½ cup cream

Cook shallot and pimiento with butter 5 minutes, stirring constantly. Add flour mixed with salt and paprika and stir until well blended; then add milk and cream gradually, while stirring constantly. Bring to boiling point, add fish, and chill.

Shape, crumb, and fry (see Croquettes, p. 474). Serve with or without Epicurean Sauce (p. 361).

Fish au Gratin

Creamed Fish (p. 212)
½ cup buttered cracker crumbs

Put fish in buttered baking dish. Cover with crumbs and bake in hot oven (450° F.) until crumbs are brown.

Turban of Fish

2½ cups cooked, flaked fish
1½ cups milk
1 slice onion
Blade of mace
Sprig of parsley
¼ cup butter
¼ cup flour
½ teaspoon salt
⅛ teaspoon pepper
Lemon juice
2 egg yolks, slightly beaten
⅔ cup buttered cracker crumbs

Scald milk with onion, mace, and parsley; remove seasonings. Melt butter, add flour, salt, and pepper, and add milk gradually while stirring constantly. Bring to boiling point and add egg yolks. Put layer of fish on buttered dish, sprinkle with salt and pepper, and add a few drops lemon juice. Cover with sauce and continue until fish and sauce are used, shaping in pyramid form. Cover with crumbs and bake in hot oven (450° F.) until crumbs are brown.

Scalloped Fish and Eggs

See Scalloped Eggs (p. 105).

Hampden Halibut

½ cup cooked, flaked fish
3 tablespoons butter
1½ tablespoons flour
1½ tablespoons cornstarch
⅓ cup fish stock
⅓ cup mushroom liquor
⅓ cup cream
2 egg yolks, slightly beaten
½ teaspoon salt
⅛ teaspoon paprika
Few grains cayenne
⅓ cup canned mushrooms
2 egg whites, beaten stiff
¼ cup grated cheese
⅛ teaspoon paprika
Few grains salt

Melt butter, add flour, and stir until well blended; then pour on gradually, while stirring constantly, fish stock, mushroom liquor, and cream. Bring to boiling point and add egg yolks, salt, pepper, and paprika; then add fish and mushrooms cut in thin slices. Fill buttered shells with mixture, cover with egg whites mixed with cheese and seasoned with paprika and salt. Sprinkle with more cheese and bake in hot oven (450° F.) until well browned.

Tuna Fish Pie

4 tablespoons butter
1 slice onion, chopped
4 tablespoons flour
¾ tablespoon salt
⅛ teaspoon pepper
1¾ cups boiling water
2 crushed chicken bouillon cubes
½ cup milk
1 can tuna fish (12 ounce)
1 cup celery, cut in fine pieces or diced, cooked potato
3 hard-cooked eggs
Baking-powder Biscuit mixture (p. 59)

Cook onion and butter 2 minutes, add flour, salt, and pepper, and stir until smooth. Add water, bouillon cubes, and milk, and stir until sauce boils. Add tuna fish, celery or potato, and eggs. Put in

baking dish. Cut out small biscuits, arrange on top, and bake in hot oven (400° F.) until biscuits are done.

Fish Timbales

2 cups cooked fish
⅓ cup thick cream
¼ teaspoon salt
Few grains cayenne
1½ teaspoons lemon juice
3 egg whites

Chop fish fine or put through food chopper. Season with salt, cayenne, and lemon juice; add cream beaten until stiff, then beaten egg whites. Turn into small, slightly buttered molds, put in pan, surround with hot water to half height of molds, cover with buttered paper, and bake 20 minutes in moderate oven (350° F.). Remove from molds, cover with Béchamel Sauce (p. 346) or Lobster Sauce II (p. 355), and garnish with parsley.

Scalloped Cod

Line a buttered baking dish with cold flaked cod, sprinkle with salt and pepper, cover with a layer of oysters (first dipped in melted butter, seasoned with onion juice, lemon juice, and a few grains of cayenne, and then in cracker crumbs), add 3 tablespoons oyster liquor or water; repeat and cover with buttered cracker crumbs. Bake 20 minutes in hot oven (450° F.). Serve with Egg Sauce (p. 347) or Hollandaise I (p. 356).

Salmon Box

Line bread pan, slightly buttered, with warm steamed rice (p. 86). Fill center with cold boiled salmon, flaked, and seasoned with salt, pepper, and a slight grating of nutmeg. Cover with rice and steam 1 hour. Turn on hot platter, surround with Egg Sauce II (p. 347).

Salmon Soufflé

2 cups salmon
¼ teaspoon salt
⅛ teaspoon paprika
2 teaspoons lemon juice
½ cup soft stale bread crumbs
½ cup milk
3 egg yolks
3 egg whites

Thoroughly rinse salmon, remove bones and skin, separate into flakes, and add seasonings. Cook bread crumbs in milk 5 minutes, add salmon and egg yolks beaten until thick and lemon-colored; then cut and fold in egg whites, beaten until stiff. Turn into buttered

dish, set in pan of hot water, and bake in moderate oven (350° F.) until firm. Serve with Spanish Sauce (p. 352).

Salmon Loaf I

2 cups flaked salmon
½ cup fine bread crumbs
4 tablespoons butter
2 eggs, slightly beaten
1 tablespoon minced parsley
Salt, pepper

Combine ingredients. Steam 1 hour in buttered mold or bake in pan of hot water in moderate oven (375° F.). Serve hot or cold.

Salmon Loaf II

1 cup salmon
1 tablespoon butter
1 cup bread crumbs
1 cup hot milk
2 eggs, well beaten
Salt
Pepper

Combine ingredients in order given. Press into buttered bread pan. Bake 30 minutes in moderate oven (350° F.).

Salmon Loaf with Cheese

2 cups salmon, flaked
1½ cups grated cheese
1 egg, well beaten
3 tablespoons milk
1 tablespoon melted butter
½ teaspoon salt
Few grains pepper
Cracker or bread crumbs

Combine ingredients, using crumbs enough to obtain stiff mixture. Shape in loaf in baking pan. Cover with buttered crumbs and bake in moderately hot oven (375° F.) until golden brown. Serve hot or cold.

Tuna Loaf

Substitute tuna in Salmon Loaf I or II and add 1 tablespoon pimiento cut in tiny pieces.

Spiced Salmon

2 cups canned salmon
1 cup vinegar
1 teaspoon whole cloves
½ teaspoon allspice berries
8 peppercorns
¼ teaspoon salt

Rinse salmon thoroughly with hot water. Remove skin and bones. Combine other ingredients. Bring to boiling point, pour on fish, cover, and let stand 2 hours. Drain and separate into flakes.

SALT FISH

Creamed Salt Codfish

Shred 1 cup fish with 2 3-tined forks and soak several hours in lukewarm water, the time depending upon hardness and saltness of fish. To freshen fish quickly, cover with cold water. Heat to boiling point, and pour off water; repeat until fish tastes fresh. Drain, and add 1½ cups White Sauce II (p. 344). Just before serving add 1 beaten egg. Garnish with slices of hard-cooked eggs.

Fish Balls

1 cup salt codfish
2 heaping cups potatoes
1 egg, well beaten
½ tablespoon butter
⅛ teaspoon pepper

Wash fish in cold water and pick in very small pieces, or cut, using scissors. Wash, pare, and soak potatoes, cutting in pieces of uniform size before measuring. Cook fish and potatoes in boiling water to cover until potatoes are nearly soft. Drain thoroughly through strainer, return to kettle in which they were cooked. Shake over heat until thoroughly dry, mash thoroughly (being sure there are no lumps left in potato), add butter, egg, and pepper. Beat with fork 2 minutes. Add salt if necessary. Take up by spoonfuls, put in frying basket, and fry 1 minute in deep fat (385° F.), allowing 6 fish balls for each frying; drain on brown paper. Reheat the fat after each frying.

Salted Codfish Hash

Prepare as for Fish Balls, omitting egg. Try out fat salt pork, remove scraps, leaving enough fat in pan to moisten fish and potatoes. Put in fish and potatoes, stir until heated, then cook until well browned underneath; fold, and turn like an omelet.

Toasted Salt Fish

Shred salt codfish in long thin strips. If very salt, it may need to be freshened by standing for a short time in lukewarm water. Place on greased wire broiler and broil until brown on one side; turn and brown the other. Remove to platter and spread with butter.

Gloucester Salt Codfish

Cut boneless salt codfish in 2-inch pieces, cover with lukewarm water, and let stand 15 minutes. Drain, dry on a towel, and fry (sauté) in butter in a hot frying pan until delicately browned. Add rich milk or thin cream to about half cover fish and bring gradually to boiling point. Pour into hot serving dish.

Spanish Codfish

⅔ cup salt codfish, separated in small pieces
4 cold boiled potatoes, cut in slices
3 canned pimientos, cut in strips
1 cup Tomato Sauce (p. 352)
½ cup buttered cracker crumbs
Salt and pepper

Soak fish in lukewarm water until soft. Drain. Arrange alternate layers of potatoes and fish in buttered baking dish, sprinkling with pimiento and salt and pepper. Pour on sauce, cover with buttered cracker crumbs and bake in moderate oven (350° F.) until crumbs are brown.

Codfish with Fried Salt Pork

Cut fat salt pork in ¼-inch slices, cut gashes ⅓ inch apart in slices nearly to rind. Try out in a hot frying pan until brown and crisp, occasionally pouring off fat from pan. Serve around strips of codfish which have been soaked in pan of lukewarm water and simmered over low heat until soft. Serve with Drawn Butter Sauce (p. 346), boiled potatoes, and beets.

Kippered Herrings

Remove fish from can and arrange on an oven-proof platter; sprinkle with pepper, brush over with lemon juice and melted butter, and cover with the liquor left in can. Heat thoroughly and garnish with parsley and slices of lemon.

Baked Finnan Haddie

Put fish in dripping pan, surround with milk and water in equal proportions, and place on back of range, where it will heat slowly. Let stand 25 minutes; pour off liquid, spread with butter, and bake 25 minutes in moderate oven (350° F.).

Broiled Finnan Haddie

Broil in a greased broiler until brown on both sides. Remove to pan and cover with hot water; let stand 10 minutes, drain, spread with butter, and sprinkle with pepper.

Savory Finnan Haddie

Finnan haddie
Milk
2-inch cube fat, salt pork
2 tablespoons flour
2 eggs, slightly beaten
1½ cups small potato balls or cubes, cooked
Salt and pepper

Soak finnan haddie in milk to cover, 1 hour. Cook until tender and separate into flakes; there should be 1 cup. Cut salt pork into tiny cubes and try out. To 2 tablespoons of the pork fat, add flour and stir until well blended. Pour on gradually 1 cup milk, while stirring constantly. Bring to boiling point, add finnan haddie, pork scraps, egg yolks, potatoes, salt, and pepper to taste.

Finnan Haddie à la Delmonico

1 cup finnan haddie, in strips
½ cup heavy cream
4 hard-cooked eggs, thinly sliced
1 tablespoon butter
Cayenne
Finely chopped parsley

Cover fish with cold water, place over slow heat, and allow water to come to boiling point. Let stand on range for 25 minutes, keeping water below boiling point. Drain and rinse thoroughly. Separate fish into flakes, add cream and eggs. Season with cayenne, add butter, and sprinkle with parsley.

Epicurean Finnan Haddie

3 pounds finnan haddie
½ tablespoon finely chopped shallot
1 tablespoon finely chopped green pepper
½ tablespoon finely chopped red pepper
¼ cup butter
1 teaspoon salt
½ teaspoon paprika
Few grains cayenne
4 tablespoons flour
1 cup cream
1 cup milk

Soak finnan haddie in milk to cover, 1 hour. Bake in moderate oven 30 minutes and separate in flakes; there should be 2 cups. Cook shallot and pepper in butter 5 minutes, stirring constantly. Add salt, paprika, and cayenne mixed with flour, and stir until well blended;

then pour on gradually, while stirring constantly, milk and cream. Bring to boiling point and add finnan haddie. Serve on squares of toast or turn into a buttered baking dish, cover with buttered crumbs, and bake until crumbs are brown.

Finnan Haddie, Caledonian Style

2-pound piece of finnan haddie
Milk
Water
White Sauce I (p. 343)
3 potatoes, washed, pared, and cut in halves

Put finnan haddie in dripping pan, cover with milk and water in equal proportions, and let stand over very low heat or in very slow oven 25 minutes. Arrange fish on oven-proof platter, pour on sauce, and surround with halves of potatoes. Bake in moderate oven (350° F.) until potatoes are soft (about 40 minutes).

CHAPTER 17

SHELLFISH

CLAMS

Clams are known as soft-shell clams and hard-shell clams, or quahogs. Clams are sold in the shell by quart or peck or dozen, out of the shell by the quart, and in cans. Small young quahogs in the shell are called Little Necks and are eaten raw.

Steamed Clams

Clams for steaming should be bought in the shell and should always be alive. Wash clams thoroughly, scrubbing with brush, changing water several times. If held tail uppermost under faucet, sand will be washed out. Put into large kettle, allowing ½ cup hot water to 4 quarts clams; cover closely and steam until shells partially open, care being taken that they are not overdone. Serve with individual dishes of melted butter. Some prefer a few drops of lemon juice or vinegar added to the butter. If a small quantity of boiling water is put into the dishes, the melted butter will float on top and remain hot much longer. The liquor left in kettle is served in glasses with the clams.

Roasted Clams

Roasted clams are served at clam bakes. Wash clams in sea water. Burn wood on stones, remove ashes, sprinkle stones with thin layer of seaweed. Pile clams on stones, cover with seaweed and a piece of canvas to retain steam.

Clams, Union League

½ teaspoon finely chopped shallot
4 tablespoons butter
2 tablespoons flour
18 clams in shell
½ cup white cooking wine or water
¼ cup cream
Chopped parsley
Bacon

Cook shallot in 2 tablespoons butter 5 minutes. Add clams and wine or water. Cook until shells open. Remove clams from shells and reduce liquor to ⅓ cupful. Melt 2 tablespoons butter, add flour, and pour on gradually the clam liquor; add cream and the clams, season with salt and pepper. Refill clam shells, sprinkle with chopped parsley, and serve on each a square piece of fried bacon.

Clams à la Grand Union

Clean and dry selected clams, dip in Batter I (p. 470), fry in deep fat (375° F.) and drain on brown paper. Serve on small slices of Cream Toast (p. 57) seasoned with salt, celery salt, pepper, and cayenne.

Fricassee of Clams

Clean 1 pint clams, chop hard portions finely, and reserve soft portions. Melt 2 tablespoons butter, add chopped clams, 2 tablespoons flour, and pour on gradually ⅓ cup cream. Strain sauce, add soft part of clams, cook 1 minute, season with salt and cayenne, and add one egg yolk slightly beaten.

CRAB MEAT

The meat of hard-shell crabs is in the claws and the inner top of the back. Some people like also the liver and the coral. They should be boiled like lobsters (p. 223). Soft-shell crabs are those which have just cast off their shells. After cleaning, they are eaten whole, usually fried.

Fresh crab meat can be bought by the pound, in city markets, and should be used the day it is purchased, if possible.

Japanese crab meat can be purchased in cans. Remove the stiff tendons before using.

Oyster crabs make their home within the oyster shell and are very small. They are eaten whole.

Fried Soft-shell Crabs

Clean crabs, sprinkle with salt and pepper, dip in crumbs, egg, and crumbs, fry in deep fat (375° F.), and drain. Being light, they will rise to top of fat, and should be turned while frying. Serve with Tartare Sauce (p. 362).

To Clean a Crab. Lift and fold back the tapering points which are found on each side of the back shell and remove spongy substance that lies under them. Turn crab on its back, and with a pointed knife remove the small piece at lower part of shell, which terminates in a point; this is called the apron.

Creamed Crab Meat

Add 1 cup crab meat to White Sauce II, p. 344. Serve on toast or in patty cases.

Creamed Crab Meat with Mushrooms

Add to Creamed Crab Meat ½ cup mushrooms cut in slices and cook 10 minutes over hot water.

Creamed Crab Meat au Gratin

Put Creamed Crab Meat or Creamed Crab Meat with Mushrooms in baking dish or ramekins, cover with ⅓ cup buttered crumbs, and bake until crumbs are a delicate brown.

Fried Oyster Crabs

Wash and drain crabs. Roll in flour and shake in sieve to remove superfluous flour. Fry in a basket in deep fat (395° F.). Drain, place on a napkin, and garnish with parsley and slices of lemon. Serve with Sauce Tyrolienne (p. 361).

LOBSTERS

To Select Lobsters. Lobsters are largest and most abundant from June to September but are obtainable throughout the year. Buy green or boiled. In selecting a boiled lobster, see that it is heavy in proportion to its size. Straighten the tail and if it springs back into place, the lobster was alive (as it should have been) when put into the pot for boiling. There is a greater shrinkage in lobsters than in any other fish.

To Boil Lobsters. Have ready a large kettle containing vigorously boiling water, adding ⅓ cup rock salt to each quart of water. Put in live lobsters, tail end down, one at a time, having the water come to the boiling point after adding each. Lobsters should be entirely covered by water. Cover and boil 20 minutes. Place on backs to cool.

To Open Lobsters. Take off large claws, small claws, and separate tail from body. Tail meat may sometimes be drawn out whole with a fork; more often it is necessary to cut the thin shell portion (using scissors or a can opener) in under part of the tail; then the tail meat may always be removed whole. Separate tail meat through center and remove the small intestinal vein which runs its entire length; although generally darker than the meat, it is sometimes found of the same color. Hold body shell firmly in left hand, and with first two fingers and thumb of right hand draw out the body, leaving in shell the stomach (known as the *lady*), which is not edible, and also some of the green part, the *liver*. The liver may be removed by shaking the shell. The sides of the body are covered with the *lungs;* these are always discarded. Break body through the middle and separate body bones, picking out meat that lies between them, which is some of the sweetest and tenderest to be found. Separate large claws at joints. If shells are thin, with a knife cut off a strip down the sharp edge, so that shell may be broken apart and meat removed whole. Where shell is thick, it must be broken with a mallet or hammer. Small claws are used for garnishing. The shell of body, tail, and lower part of large claws, if not broken, may be washed, dried, and used for serving of lobster meat after it has been prepared. The portions of lobsters which are not edible are *lungs*, *stomach* (*lady*, and *intestinal vein*). Lobster meat may be purchased in cans.

To Serve Boiled Lobster

Remove lobster meat from boiled lobsters, arrange on platter, and garnish with small claws. If two lobsters are opened, stand tail shells (put together) in center of platter, and arrange meat around them.

Fried Lobster

Remove lobster meat from shell. Use tail meat, divided in fourths, and large pieces of claw meat. Sprinkle with salt, pepper, and lemon juice; dip in crumbs, egg, and again in crumbs; fry in deep fat (385° F.), drain, and serve with Tartare Sauce (p. 362).

Buttered Lobster

2-pound lobster
3 tablespoons butter
Salt and pepper
Lemon juice

Remove lobster meat from shell and chop slightly. Melt butter, add lobster, and when heated, season and serve garnished with lobster claws.

Fricassee of Lobster and Mushrooms

2-pound lobster
¼ cup butter
¾ pound mushrooms
Few drops onion juice
¼ cup flour
1½ cups milk
Salt
Paprika

Remove lobster meat from shell and cut in strips. Cook butter with mushrooms broken in pieces and onion juice 3 minutes; add flour and pour milk on gradually. Add lobster meat, season with salt and paprika. If desired, add 2 tablespoons cooking sherry.

Lobster and Oyster Ragoût

¼ cup butter
¼ cup flour
¾ cup oyster liquor
¾ cup cream
¾ teaspoon salt
Few grains cayenne
Few drops onion juice
¼ teaspoon pepper
1 pint oysters
¾ cup lobster dice
1 tablespoon finely chopped parsley

Parboil oysters (p. 229). Make sauce of first 8 ingredients. Add oysters, lobster, and parsley.

Scalloped Lobster

2-pound lobster
1½ cups White Sauce II (p. 344)
½ teaspoon salt
Few grains cayenne
2 teaspoons lemon juice

Remove lobster meat from shell and cut in cubes. Heat in White Sauce and add seasonings. Refill lobster shells, cover with buttered crumbs, and bake until crumbs are brown. To prevent lobster shells from curling over lobster while baking, insert wooden skewers of sufficient length to keep shell in its original shape. To assist in preserving color of shell, brush over with olive oil before putting into oven. Scalloped lobster may be baked in buttered scallop shells or in a buttered baking dish.

Deviled Lobster

Scalloped lobster highly seasoned is served as Deviled Lobster. Use larger proportions of same seasonings, with the addition of mustard.

Curried Lobster

Prepare like Scalloped Lobster, adding to flour ½ teaspoon curry powder when making White Sauce.

Stuffed Lobster à la Béchamel

2-pound lobster
1½ cups milk
Bit of bay leaf
3 tablespoons butter
3 tablespoons flour
½ teaspoon salt
Few grains cayenne
Slight grating nutmeg
1 teaspoon chopped parsley
2 egg yolks, slightly beaten
½ cup buttered crumbs

Remove lobster meat from shell and cut in dice. Scald milk with bay leaf, remove bay leaf, and make white sauce of butter, flour, and milk; add salt, cayenne, nutmeg, parsley, egg yolks, and lemon juice. Add lobster dice, fill shells, cover with buttered crumbs, and bake in hot oven (450° F.) until crumbs are brown. Half chicken stock and half cream may be used for sauce, if a richer dish is desired.

Lobster Farci

1 cup chopped lobster meat
Yolks 2 hard-cooked eggs
½ tablespoon chopped parsley
1 cup White Sauce I (p. 343)
Slight grating nutmeg
⅓ cup buttered crumbs
Salt
Pepper

To lobster meat add egg yolks rubbed to paste, parsley, sauce, and seasonings to taste. Fill lobster shells, cover with buttered crumbs, and bake until crumbs are brown.

Spanish Lobster in Casseroles

2-pound lobster
2½ cups cold water
1 slice carrot
1 slice onion
Sprig parsley
1 stalk celery
4 tablespoons butter
4 tablespoons flour
½ cup heavy cream
2 egg yolks, slightly beaten
1 tablespoon lemon juice
½ teaspoon salt
¼ teaspoon paprika
⅛ teaspoon pepper
½ cup hot boiled rice
6 slices Broiled Tomato (pp. 411, 412)

Cut lobster meat in small pieces. Put bones and small claws in pan; add water, carrot, onion, parsley, and celery. Bring to boiling point and cook until reduced to 1½ cups. Strain and pour gradually on butter and flour cooked together. Bring to boiling point, add cream,

egg yolks, and lobster. Season with lemon juice, salt, paprika, and pepper. Put 1 tablespoon rice in each buttered individual casserole. Fill with lobster mixture and on top place tomato slice, brushed over with melted butter and seasoned with salt and pepper.

Broiled Live Lobster

Split a live lobster and place in buttered wire broiler. Broil 8 minutes on flesh side, turn and broil 6 minutes on shell side. Serve with melted butter. Lobsters taste nearly the same when placed in dripping pan and baked 15 minutes in hot oven (450° F.) and are much easier cooked. Allow at least ½ pound of lobster to each person.

To Split a Live Lobster. Live lobsters may be dressed for broiling at market, or may be split at home. Cross large claws and hold firmly with left hand. With sharp-pointed knife, held in right hand, begin at the mouth and make a deep incision and, with a sharp cut, draw the knife quickly through body and entire length of tail. Open lobster, remove intestinal vein, liver, and stomach, and crack claw shells with a mallet.

Baked Live Lobster

Split a live lobster and place in dripping pan. Cook liver of lobster with 1 tablespoon butter 3 minutes. Season highly with salt, cayenne, and Worcestershire Sauce. Spread over lobster and bake 15 minutes in hot oven (450° F.).

Planked Live Lobster

Live lobster
Salad oil or melted butter
Julienne potatoes
Sliced tomatoes, peeled and chilled
Sliced cucumbers
Parsley
Salt, pepper, and lemon juice

Prepare lobster as for Baked Live Lobster, brushing with oil or butter. Bake 15 minutes in hot oven (450° F.). Remove to plank, garnish with potatoes, tomatoes, cucumbers, and parsley. Over lobster pour melted butter seasoned with salt, pepper, and lemon juice.

Planked Live Lobster with Oysters

1 live lobster (1½ pounds)
1 cup oysters
Salt and pepper
Butter

Split and bake as for Planked Live Lobster, cooking only 12 minutes. Clean oysters (p. 229) and arrange over tail and body meat of lobster.

Sprinkle with salt and pepper and dot over generously with butter. Bake in hot oven (450° F.) until oysters are plump and edges curl.

Lobster à l'Américaine

2-pound live lobster
¼ onion, finely chopped
Few grains cayenne
⅜ cup Tomato Sauce II (p. 352)
3 tablespoons Newburg Sauce
½ tablespoon melted butter

Split lobster and put in large frying pan. Sprinkle with onion and cayenne and cook 5 minutes. Add ½ cup Tomato Sauce and cook 3 minutes. Add 2 tablespoons Newburg Sauce, cover, and cook in oven 7 minutes. To lobster liver add butter and rest of sauce. Heat in pan after removing lobster. Strain and pour over lobster.

Live Lobster en Brochette

Split a live lobster, remove meat from tail and large claws, cut in pieces, and arrange on skewers, alternating pieces with small slices of bacon. Fry in deep fat and drain. Cook liver of lobster with 1 tablespoon butter 3 minutes, season highly with mustard and cayenne, and serve with lobster.

Lobster à la Muisset

2 live lobsters (1½ pounds each)
1 tablespoon finely chopped shallot
3 tablespoons chopped carrot
6 tablespoons butter
2 sprigs thyme
½ bay leaf
2 red peppers from pepper sauce
1 teaspoon salt
1⅓ cups Brown Stock I or II (pp. 144, 145)
⅔ cup stewed and strained tomatoes
3 tablespoons Newburg Sauce
Finely chopped chives

Cut lobsters in pieces for serving, remove intestinal vein and lady and crack large claws. Cook shallot and carrot in 2 tablespoons butter 10 minutes, stirring constantly that carrots may not burn. Add thyme, bay leaf, peppers, salt, stock, tomatoes, and sauce. Add lobster. Cook 15 minutes. Remove lobster to serving dish. Thicken sauce with flour and remaining butter cooked together. Pour sauce over lobster and sprinkle with finely chopped chives.

OYSTERS

Oysters are obtainable all the year, but are in season from September to May. During the summer months they are flabby and of poor flavor, although when fresh they are perfectly wholesome. *Mussels*, eaten in England and other parts of Europe, are similar to oysters, though of inferior quality. Oysters are nutritious and of easy digestibility, especially when eaten raw.

To Open Oysters. Put a thin flat knife under the back end of the right valve and push forward until it cuts the strong muscle which holds the shells together. As soon as this is done, the right valve may be raised and separated from the left.

To Clean Oysters. Put oysters in a strainer placed over a bowl. Pour over oysters cold water, allowing one-half cup water to each quart oysters. This is to loosen bits of shell. Carefully pick over oysters, taking each one separately in the fingers, to remove any particles of shell which adhere to tough muscle. Water used in cleaning may be utilized for or with oyster liquor.

To Parboil Oysters. Put cleaned oysters in saucepan with water and liquor drained from them. Heat and cook only until oysters are plump and edges begin to curl. Drain and add water, if necessary, to make up amount of oyster liquor called for in recipe. Strain through cheesecloth to remove skum.

Roasted Oysters

Oysters for roasting should be bought in the shell. Wash thoroughly, scrubbing with a brush. Put in dripping pan and cook in hot oven until shells part. Open, sprinkle with salt and pepper, and serve in deep halves of the shells.

Broiled Oysters

1 pint selected oysters ¼ cup melted butter
⅔ cup seasoned cracker crumbs

Clean oysters and dry between towels. Lift with silver fork by the tough muscle and dip in butter, then in cracker crumbs which have been seasoned with salt and pepper. Place in buttered wire broiler and broil until juices flow, turning while broiling. Serve with or without Maître d'Hôtel Butter (p. 358).

Oyster Toast

Serve Broiled Oysters on small pieces of Milk Toast (p. 57). Sprinkle with finely cut celery.

Oysters with Bacon

Clean oysters, wrap a thin slice of bacon around each, and fasten with small wooden skewers. Put in broiler, place broiler over dripping pan, and bake in hot oven until bacon is crisp and brown, turning once during cooking. Drain on brown paper.

Sautéed Oysters

Clean 1 pint oysters, sprinkle on both sides with salt and pepper. Take up by tough muscle with silver fork and dip in seasoned cracker crumbs. Put 2 tablespoons butter in hot frying pan, add oysters, brown on 1 side, then turn and brown on the other.

Fried Oysters

Clean selected oysters and dry between towels. Season with salt and pepper, dip in flour, egg, and cracker or stale bread crumbs, and fry in deep fat (375° F.). Drain on brown paper and serve on folded

napkin. Garnish with parsley and serve with or without Sauce Tyrolienne (p. 361) and Philadelphia Relish (p. 340).

Fried Oysters in Batter

Clean selected oysters and dry between towels. Dip in Batter I, (p. 470), fry in deep fat (375° F.), drain, and serve on folded napkin. Garnish with lemon and parsley. Oysters may be parboiled (p. 229), drained, and then fried.

Panned Oysters

Clean 1 pint large oysters. Place in dripping pan small oblong pieces of toast, put an oyster on each piece, sprinkle with salt and pepper, and bake until oysters are plump. Serve with Lemon Butter (p. 358).

Fancy Roast

Clean 1 pint oysters and drain from their liquor. Put in stewpan and cook until oysters are plump and edges begin to curl. Shake pan to prevent oysters from adhering to pan, or stir with fork. Season with salt, pepper, and 2 tablespoons butter, and pour over 4 small slices of toast. Garnish with toast points and parsley.

Union Grill

Clean 1 pint oysters and drain off all liquor possible. Put oysters in chafing dish or omelet pan, and as liquor flows from oysters, remove with a spoon, and so continue until oysters are plump. Sprinkle with salt and pepper and add 2 tablespoons butter. Serve on thin crackers.

Oyster Fricassee

1 pint oysters
Milk or cream
2 tablespoons butter
2 tablespoons flour
¼ teaspoon salt
Few grains cayenne
1 teaspoon parsley, finely chopped
1 egg, slightly beaten

Parboil oysters (p. 229) and add enough cream to liquor to make a cupful. Melt butter, add flour, and pour on gradually hot liquid; stir until thickened and add salt, cayenne, parsley, oysters, and egg.

Creamed Oysters

1 pint oysters
1½ cups White Sauce II (p. 344)
½ teaspoon celery salt

Parboil oysters (p. 229), drain, and add to White Sauce seasoned with celery salt. Serve on toast, in timbale cases, patty shells, or vol-au-vents. ¼ cup sliced mushrooms may be added. Oyster liquor may replace an equal amount of milk, in making sauce.

Oysters in Brown Sauce

1 pint oysters
¼ cup butter
¼ cup flour
1 cup oyster liquor
½ cup milk
½ teaspoon salt
1 teaspoon Anchovy Sauce
⅛ teaspoon pepper

Parboil oysters (p. 229), brown butter, add flour, and stir until well browned; then add oyster liquor, milk, seasonings, and oysters. For filling patty cases or vol-au-vents.

Savory Oysters

1 pint oysters
4 tablespoons butter
4 tablespoons flour
1 cup oyster liquor
½ cup Brown Stock (p. 144)
1 teaspoon Worcestershire Sauce
Few drops onion juice
Salt and Pepper

Parboil oysters (p. 229). Melt butter, add flour, and stir until well browned. Pour on gradually, while stirring constantly, oyster liquor and stock. Add seasonings and oysters. Serve on toast, in timbale cases, patty shells, or vol-au-vents.

Oysters à la Astor

1 pint oysters
2 tablespoons butter
1 teaspoon finely chopped shallot
1 tablespoon finely cut red pepper
2 tablespoons flour
1½ teaspoons lemon juice
1½ teaspoons vinegar
1 teaspoon Worcestershire Sauce
½ teaspoon beef extract
Salt and paprika

Parboil oysters (p. 229), drain, and to liquor add enough water to make one cup liquid; then strain. Cook butter, shallot, and pepper 3 minutes, add flour, and pour on gradually, while stirring constantly, oyster liquor. Add seasonings and oysters. Remove oysters to small pieces of bread sautéed in butter on one side. Pour sauce over oysters and garnish with thin slices of cucumber pickles.

Oysters à la D'Uxelles

1 pint oysters
2 tablespoons chopped mushrooms
2 tablespoons butter
½ teaspoon salt
½ teaspoon lemon juice
Few grains cayenne
1 egg yolk
2 tablespoons flour

Parboil oysters (p. 229). Reserve liquor and strain. Add water to make ¾ cup. Cook butter and mushrooms 5 minutes, add flour and oyster liquor gradually; then cook 3 minutes. Add seasonings, oysters, and egg yolk. Serve on thin crackers or pieces of toasted bread.

Oysters à la Thorndike

1 pint oysters
2 tablespoons butter
½ teaspoon salt
Few grains cayenne
Slight grating nutmeg
¼ cup thin cream
2 egg yolks

Clean and drain oysters. Melt butter, add oysters, and cook until oysters are plump. Then add seasonings, cream, and egg yolks. Cook until sauce is slightly thickened, stirring constantly. Serve on thin crackers or pieces of toast.

Jack's Oyster Ragoût

1 cup tripe, parboiled and cut in ¾-inch pieces
1 cup small boiled onions
2 cups oysters
3 tablespoons butter
4 tablespoons flour
1½ cups thin cream or top milk
2 egg yolks, slightly beaten
Salt, pepper, paprika

Make white sauce of butter, flour, and milk. Add tripe, onions, and oysters. When thoroughly heated, add egg yolks and season to taste. Serve on toast.

Deviled Oysters on Half Shells

1 pint oysters
1 tablespoon butter
3 shallots, finely chopped
2 tablespoons flour
½ cup milk
¼ cup cream
½ teaspoon salt
⅛ teaspoon nutmeg
Few grains cayenne
½ teaspoon made mustard
½ tablespoon Worcestershire Sauce
3 chopped mushroom caps
½ teaspoon chopped parsley
1 egg yolk
Buttered cracker crumbs

Wash and chop oysters. Cook shallots in butter 3 minutes, add flour, and stir until well blended; then add milk and cream. Bring to boiling point, add oysters and remaining ingredients, except egg yolk and crumbs, and simmer 12 minutes. Add egg yolk, put mixture in deep halves of oyster shells, cover with buttered crumbs, and bake 15 minutes. These may be served as a first course.

Oysters and Macaroni

1 pint oysters
1½ cups boiled macaroni (p. 90)
Salt and pepper
Flour
½ cup buttered crumbs
¼ cup butter

Put a layer of macaroni in bottom of a buttered baking dish, cover with oysters, sprinkle with salt and pepper, dredge with flour, dot over with half the butter; repeat and cover with buttered crumbs. Bake 20 minutes in hot oven.

Scalloped Oysters

1 pint oysters
4 tablespoons oyster liquor
2 tablespoons milk or cream
½ cup stale bread crumbs
1 cup cracker crumbs
½ cup melted butter
Salt
Pepper

Mix bread and cracker crumbs and stir in butter. Put a thin layer in bottom of shallow, buttered baking dish, cover with oysters, and sprinkle with salt and pepper; add half each oyster liquor and milk or cream. Repeat and cover top with remaining crumbs. Bake 30 minutes in hot oven (450° F.). Never allow more than 2 layers of oysters for Scalloped Oysters; if 3 layers are used, the middle layer will be underdone, while others are properly cooked. If desired, sprinkle each layer with mace or grated nutmeg.

Norfolk Oysters

1½ cups hot boiled rice
1 pint oysters
1 cup White Sauce I (p. 343)
1 cup buttered cracker crumbs
Butter
Salt
Pepper

Cover bottom of buttered baking dish with half the rice, cover rice with half the oysters, pour over half the sauce, dot with butter, and sprinkle with salt and pepper; repeat, using remaining ingredients. Cover with crumbs and bake in hot oven (450° F.) 30 minutes.

Oysters Louisiane

1 quart oysters
3 tablespoons butter
2 tablespoons chopped red pepper
½ tablespoon finely chopped shallot
4 tablespoons flour
½ teaspoon salt
⅛ teaspoon paprika
Few grains cayenne
½ cup grated Parmesan cheese
Duchess Potatoes (p. 365)

Parboil oysters (p. 229), reserve liquor, and add enough water to make 1½ cups. Cook butter 5 minutes with red pepper and shallot. Add flour and stir until well blended; then pour on oyster liquor gradually, while stirring constantly. Bring to boiling point and season with salt, paprika, and cayenne. Arrange oysters in large buttered scallop shells, pour on the sauce, sprinkle with cheese, and pipe around edges of shells a border of Duchess Potatoes. Arrange in pan and bake until thoroughly reheated (400° F.).

SCALLOPS

Scallops are shellfish of which the only part eaten is the muscle used for opening and closing the shell. Deep-sea scallops are larger than those found nearer shore.

Clean and parboil scallops like oysters (p. 229).

Savoy Scallops

1 quart scallops
Fish Stock (p. 162) or water
3 tablespoons butter
3 tablespoons flour
½ cup Mayonnaise
½ teaspoon thyme

Parboil scallops, drain, and cut in quarters. To scallop liquor add enough fish stock to make 1⅓ cups. Melt butter, add flour, and stir until well blended: then add fish liquor gradually, while stirring constantly. Bring to boiling point, place over low heat and add gradually Mayonnaise; then scallops and thyme. Keep hot in double boiler, but do not allow mixture to boil. For the thyme, remove the tiny leaves from sprigs of dried thyme.

Samoset Scallops

1 pint scallops
1 tablespoon butter
1 tablespoon flour
½ cup thin cream
⅓ cup stewed and strained tomatoes
Few grains soda
1 cup finely cut, soft mild cheese
1 egg, slightly beaten
Salt and cayenne
Mustard

Parboil scallops in their own liquor; drain and cut in quarters. Melt butter, add flour, and stir until well blended; then add cream gradually, while stirring constantly. Bring to boiling point, add slowly tomatoes mixed with soda. Again bring to boiling point, add

cheese and, as soon as cheese has melted, add egg, scallops, and seasoning. Serve on toast.

Scallops Bresloise

1 pint scallops
1 cup water or
½ cup water and
½ cup white cooking wine
½ teaspoon salt
⅛ teaspoon pepper
1 small white onion, chopped
2 tablespoons butter
1 tablespoon flour
3 tablespoons fresh bread crumbs
½ clove garlic, finely chopped
1 teaspoon chopped parsley
1 egg yolk
¾ cup buttered bread crumbs

Cook scallops 5 minutes in water or water and wine, to which salt and pepper have been added; drain and chop. Cook onion with butter 5 minutes, stirring constantly; add flour and stir until well blended; then pour on gradually, while stirring constantly, liquor drained from scallops. Bring to boiling point and add scallops and remaining ingredients, except buttered crumbs. Fill buttered shells with mixture, sprinkle with crumbs, arrange in pan, and bake until crumbs are brown.

Fried Scallops

Clean 1 quart scallops, drain, and dry very carefully between towels. Season with salt and pepper, dip in egg and crumbs, and fry 2 minutes in deep fat (385° F.). Drain on brown paper.

Fried Scallops à la Huntington

1 quart scallops
Juice 1 lemon
1 tablespoon salad oil
1 teaspoon finely chopped parsley
1 teaspoon salt
½ teaspoon pepper
3 tablespoons chopped, cooked ham
4 tablespoons soft, stale bread crumbs
2 tablespoons grated Parmesan cheese
1 teaspoon chives, finely cut

Clean scallops, add lemon juice, oil, parsley, salt, and pepper. Cover, let stand 30 minutes. Drain. Mix other ingredients. Dip scallops in egg, roll in mixture, fry in deep fat (385° F.), and drain on brown paper. Sprinkle with salt.

Scalloped Scallops

1 pint scallops
½ cup butter
1 cup cracker crumbs
½ cup soft bread crumbs
⅔ cup cream or top milk
Salt and pepper

Wash and pick over scallops. Melt butter and add crumbs. Put layer of crumbs in buttered dish, cover with scallops, add half the cream and season with salt and pepper; repeat, cover with buttered crumbs, and bake in moderate oven (350° F.) until crumbs are brown (about 25 minutes).

SHRIMPS

Shrimps are small shellfish, somewhat like lobsters, only the tail meat being eaten. They are usually purchased in cans; if raw, they should be boiled 20 minutes in salted water.

To Prepare Shrimps. Remove shell. Make a cut along the outside of the shrimp and remove the black line which is the intestine. Serve with White Sauce II (p. 344), in salad, etc. Consult index for recipes using shrimps.

CHAPTER 18

BEEF

CARE OF MEAT BEFORE COOKING

Remove from paper, since otherwise paper would absorb some of the juices. Place in covered dish in coolest part of refrigerator, but not where it will freeze.

Always wipe meat, before cooking, with a cheesecloth wrung out of cold water, but never allow it to stand in pan of cold water, as juices will be drawn out and foreign matter washed in.

LARDING

Larding is introducing small pieces of fat salt pork or bacon through the surface of uncooked meat. The flavor of lean and dry meat is much improved by larding; tenderloin of beef (fillet), grouse, partridge, pigeon, and liver are often prepared in this way. Pig pork, being firm, is best for larding. Pork should be kept in a cold place, that it may be well chilled. Remove rind and use the part of pork which lies between rind and vein. With sharp knife (which is sure to make a clean cut) remove slices not more than one-fourth inch thick; cut the slices into strips not more than one-fourth inch wide; these strips should be about two inches long, and are called *lardoons*. Lardoons for small birds — quail, for example — should be smaller. To lard, insert one end of lardoon into larding needle, hold needle firmly, and with pointed end take up a stitch one-third inch deep and three-fourths inch wide; draw needle through, care being taken that lardoon is left in meat and its ends project to equal lengths. Arrange lardoons in parallel rows, one inch apart, stitches in the alternate rows being directly underneath each other. Lard the upper surface of cuts of meat *with the grain*, never across it. In birds, insert lardoons at right angles to breastbone on either side. When large lardoons are forced through meat from surface to surface, the process is called *daubing*. Example: beef à la mode. Thin slices of fat salt pork placed over meat may be substituted for larding, but flavor is not the same as when pork is drawn through flesh, and the dish is far less attractive.

LARDED FILLET OF BEEF

MEAT COOKING

Tender cuts of meat should be cooked quickly and at a high temperature, at the start, to keep in the juices. This applies to broiling, pan broiling, frying, and searing for roasting. *A roast thermometer* inserted in the meat before cooking, is an aid in determining when meat is done. Make a slight incision through fat covering or directly into roast, if fat side is not on top. Insert thermometer until bulb reaches center of roast. Leave thermometer in meat during cooking and roast until required temperature is reached. For temperatures, see Roast Beef (p. 248), Roast Lamb (p. 264), Roast Pork (p. 284), etc.

The less tender cuts may be started, like the tender cuts, at a high temperature to keep in the juices, but they must be completed by long, slow cooking, usually with the addition of water.

By putting meat in cold water and allowing water to heat gradually, a large amount of juice is extracted and meat is tasteless; and by long cooking the connective tissues are softened and dissolved, which gives to the stock when cold a jelly-like consistency. This principle applies to soup making.

By putting meat in boiling water, allowing the water to boil for a few minutes, then lowering the temperature, juices in the outer surface are quickly coagulated, and the inner juices are prevented from escap-

ing. This principle applies where nutriment and flavor is desired in meat, rather than in the stock.

By putting in cold water, bringing quickly to the boiling point, then lowering the temperature and cooking slowly until meat is tender, some of the goodness will be in the stock, but a large portion left in the meat. This applies to stews.

SELECTION OF BEEF

Beef should be firm and of fine-grained texture, bright red in color, and well marbled and coated with fat. The fat should be firm and creamy white in color, the whiter the better. Suet should be dry and crumble easily.

Tender and less tender cuts have practically the same food value. Heat, moisture, and slow cooking help to break down the stronger fibers of the less tender cuts.

CUTS OF BEEF AND THEIR USES

Local variations from this list may be learned at any market. For the extra edible parts, consult Chapter 22, Liver, Sweetbreads, and other Meat Extras.

Tender Cuts		Less Tender Cuts		
Steaks	Roasts	Steaks	Roasts and Pot Roasts	Stews
Sirloin	Rib	Shoulder	Chuck ribs	Neck
Porterhouse	Loin	Chuck	Cross arm	Shoulder
Tenderloin		Flank	Clod	Skirt
Club		Round	Round	Shank
Rib (short cut)		Rump	Rump	Brisket
				Plate
				Flank
				Heel of round

Broiled Steak

Select one of the tender steaks (see above), 1½ to 2 inches thick. Trim off excess fat and wipe. Broil on rack in broiling pan or in wire broiler, greased with some of the fat. Broil under an electric grill, in

the broiler of a gas stove, or over live coals. In gas stove, have steak 2 or 3 inches below flame and leave door open.

Sear quickly on one side. Then turn. Reduce heat and turn occasionally until at desired stage.

No definite time can be given for cooking a steak, because of varying thickness, degree of heat, and personal preference. A steak 1½ inches thick requires about 12 minutes if liked rare; 20 to 30 minutes if liked medium or well done.

Remove to hot platter, spread with softened butter, and sprinkle with salt and pepper.

Pan-Broiled Steak

Cook in hissing-hot frying pan rubbed over with trimmings of fat. Pour off accumulated fat so that meat will not fry. Do not add water and do not cover.

A thick steak after searing may be finished in a hot oven (450° F.). Slip a rack under steak in frying pan and set pan in oven.

Accompaniments to Broiled or Pan-Broiled Steak

Maître d'Hôtel Butter (p. 358).
Mushroom Sauce (p. 354).
Tomato and Mushroom Sauce I or II (pp. 353, 354).
Bordelaise Sauce (p. 351).
Victor Hugo Sauce (p. 357).
Hollandaise Sauce (p. 356) to which has been added a few drops onion juice and ½ tablespoon finely chopped parsley. (Steak à la Chiron.)
Henriette Sauce (p. 356) half spread under steak and half on top.
Fried Onions (p. 403).

Beefsteak à la Mirabeau

Broiled steak
Anchovies
Stoned Olives stuffed with Green Butter (p. 502)
Stuffed Tomatoes (p. 412)
Fried Potato Balls (p. 370)
Velouté Sauce (p. 347), flavored with tomato catsup

Garnish steak with anchovies, olives, tomatoes, and potato balls. Pour around sauce.

Beefsteak with Oyster Blanket

Broil steak 5 minutes and place on oven platter. Spread with butter and sprinkle with salt and pepper. Cover steak with 1 pint cleaned

oysters, sprinkle with salt and pepper, and dot over with butter. Cook in hot oven (450° F.) until oysters are plump.

Planked Steak

Broil or pan-broil a tender steak 7 minutes (p. 240) 1¾ inches thick. Butter a plank (p. 15) and arrange, close to edge, a border of mashed or Duchess Potatoes (p. 365), using 3 times the recipe. Potato may be put through a pastry bag and rose tube, if desired. Remove steak to plank, put in hot oven (450° F.), and bake until steak is cooked and potatoes are brown. Spread steak with butter, sprinkle with salt, pepper, and finely chopped parsley, and garnish as desired.

Suggested Combinations for Garnishing

Cauliflower, peas, and Egg Plant Timbales (p. 395).

Mushroom caps fried in butter, Broiled Tomatoes (pp. 411, 412) topped with cucumber slices.

Glazed Onions (p. 402), buttered carrot in Julienne strips, Jarvis Stuffed Peppers (p. 406), mushroom caps.

Mashed Potato Nests filled with peas, buttered carrot cubes, Stuffed Tomatoes (p. 412).

Glazed Onions (p. 402), fried strips of green pepper.

Slices of cucumber and sections of tomato dressed with French Dressing (p. 456).

Broiled Fillets of Beef (Tournedoes)

Have slices cut from fillet, ¾ inch thick. Broil or pan-broil (pp. 14, 15) 4 or 5 minutes. Serve with Maître d'Hôtel Butter (p. 358), Mushroom Sauce (p. 354), or Sauce Figaro (p. 356). Broiled fillets may be served around a mound of Chestnut Purée (p. 390).

Fillets of Beef à la Moelle

Season with salt and pepper and pan-broil 6 minutes. Remove marrow from a marrowbone, cut in ⅓-inch slices, poach in boiling water, and drain. Put a slice of marrow on each fillet. To liquor in pan add 1 tablespoon butter, 2 tablespoons flour, and 1 cup Brown Stock I (p. 144). Season with salt and pepper. Pour sauce around meat.

Fillets of Beef with Stuffed Mushroom Caps

6 slices cut from fillet 1 inch thick
1 tablespoon butter, melted
6 mushroom caps
6 mushrooms, finely chopped
1 tablespoon parsley
1 tablespoon onion
Espagnole Sauce (p. 350)
¼ cup buttered crumbs
Red pepper
Green pepper

Add parsley, onion, and melted butter to chopped mushrooms. Moisten with Espagnole Sauce and fill caps. Pan-broil fillets 6 minutes. Place a mushroom cap on each, sprinkle with crumbs, and bake in hot oven (425° F.) until crumbs are brown. Remove to serving dish, pour around Espagnole Sauce, and garnish with strips of red and green pepper cut in fancy shapes.

Fillets of Beef à la Stanley

Pan-broil fillets. Serve on each fillet a section of banana fried (sautéed) in butter, or serve the banana sections on Hominy and Horse-radish Croquettes (p. 89). To fat remaining in pan add 2 tablespoons boiling water, ½ teaspoon beef extract, and 1 tablespoon butter. Pour around beef.

Châteaubriand of Beef

Trim off fat and skin from 3 pounds of beef cut from center of fillet and flatten with a broad-bladed cleaver. Sprinkle with salt, brush over with olive oil, and broil 20 minutes. Remove to serving dish,

garnish with red pepper cut in fancy shapes and parsley. Serve with Espagnole Sauce (Brown Sauce II, p. 350).

Swiss Steak

1½ pounds lean beef
1½ tablespoons melted suet
¼ cup flour
¾ teaspoon salt
Few grains pepper
1½ cups hot tomatoes

Sift flour with salt and pepper and pound thoroughly into steak. Sear steak in suet in heavy pan. Add tomatoes. Cover and simmer 2 hours or until meat is very tender. Add water from time to time as needed.

Vegetables may be added as desired. Meat may be cut in pieces for serving before cooking.

Smothered Round Steak

3 slices fat salt pork, 3 by 4 inches
1 onion, cut in thin slices
2-pound slice round steak
1½ cups cold water
¼ teaspoon salt
1 tablespoon butter
2 tablespoons flour

Try out pork and add onion. Cook, stirring constantly, until onion is brown. Put in water and salt. Bring quickly to boiling point, add steak, cover closely, lower heat, and simmer until meat is tender. Remove steak to hot platter and strain stock, of which there should be 1 cup. Melt butter, add flour, and stir until well blended; then pour on gradually, while stirring constantly, hot stock. Bring to boiling point, season with salt and pepper, and pour over steak.

Hamburg Steak I

Finely chopped, lean, raw beef Salt and pepper Butter

Shape beef in a large cake or in small, round cakes, handling as little as possible. Broil or pan-broil. Sprinkle with salt and pepper and spread with softened butter or serve with any sauce suggested for Broiled Steak (p. 240).

A slice of fat, salt pork may be chopped with beef to give additional flavor.

Hamburg Steak II

1 pound finely chopped, lean, raw beef
Salt and pepper
Onion juice
¾ cup milk

Mix lightly with fork. Shape, cook, and serve like Hamburg Steak I.

Hamburg Steak III

Follow recipe for Hamburg Steak II, adding few gratings nutmeg and 1 egg, slightly beaten.

Salisbury Steak

1 pound chopped beef
1 teaspoon salt
¼ teaspoon pepper
½ cup cream
Fresh bread crumbs

Mix beef with seasonings and cream, form lightly into individual steaks or into 1 large steak. Coat lightly with crumbs and broil 6 to 8 minutes in broiling oven, turning once, or in hot frying pan, turning frequently. Place on hot platter. To fat in pan, add ½ cup boiling water, bring to boiling point, and pour over steak.

Broiled Hamburg Steak on Onion Rings

1 pound finely chopped, lean, raw beef
¼ cup ground suet
1 cup soft, fine bread crumbs
7 strips bacon
7 slices Spanish onion (½ inch thick)
1 tablespoon chopped parsley
3 tablespoons butter
2 tablespoons onion juice
½ teaspoon salt
⅛ teaspoon pepper
1 tablespoon water

Lay onion in buttered, shallow baking dish. Pour over 2 tablespoons melted butter, sprinkle with salt and pepper, cover closely, bake until tender (about 30 minutes) in moderate oven (350° F.). Cook parsley in rest of butter and add to beef, suet, crumbs, and seasonings. Mold into 7 flat cakes and wrap each with a slice of bacon. Place each cake on an onion slice in baking dish and cook in broiling oven, 5 minutes on each side. Baste twice.

Beef Doves

1 cup chopped, raw beef
⅛ cup uncooked rice
½ teaspoon salt
¼ teaspoon pepper
Few grains cayenne
Cabbage
Brown Tomato Sauce (p. 352)

Mix beef and rice and add salt, pepper, and cayenne. Cook cabbage leaves 2 minutes in boiling water to cover. In each leaf put 2 tablespoons mixture and fold leaf to inclose mixture. Simmer 1 hour in Tomato Sauce I (p. 352).

Swedish Meat Balls

1 pound lean, raw beef, finely chopped
½ cup stale bread crumbs
1 egg, slightly beaten
⅔ teaspoon salt
⅛ teaspoon pepper
Few grains nutmeg
3 slices fat salt pork 3 inches square
2 tablespoons butter
2 tablespoons flour
1¾ cups Brown Stock I or II (pp. 144, 145)
Dumplings if desired (p. 338)

Combine meat, crumbs, egg, salt, pepper, and nutmeg. Make into balls, 1½ inches in diameter, using as little pressure as possible. Cover and let stand 1 hour. Brown meat balls in pork fat. Melt butter, add flour, and stir until well blended; then pour on brown stock gradually, while stirring constantly. Bring to boiling point and season with salt and pepper. Add balls to sauce, cover, and simmer 1½ hours. Serve with dumplings if desired.

American Chop Suey

⅓ package egg noodles
2 quarts boiling salted water
2 cups canned tomato
¼ pound cheese, forced through food chopper
1 large onion, cut in slices
4 tablespoons salad oil
¾ pound chopped raw beef
1 stalk celery, cut in fine strips 2 inches long
½ teaspoon chop suey sauce
Salt and pepper to taste
Shamrocks, cut from green pepper

Cook noodles in boiling water until soft, drain, and return to kettle. Add tomato and cheese and stir and cook until cheese is melted. Cook onion in oil until slightly yellow. Add meat and stir until meat is browned. Add celery and add all to the noodles with chop suey sauce and salt and pepper. Serve very hot, garnished with green pepper shamrocks.

Spaghetti with Hamburg

½ pound chopped raw beef
1 medium-sized onion, chopped
1 small, sweet red pepper
¼ pound grated cheese
2 teaspoons salt
1 teaspoon Worcestershire Sauce
2 cups strained tomato or
2 cans tomato soup
1 package sphagetti, boiled

Cook pepper and onion in butter. Add meat. Cook until browned. Add other ingredients and cook slowly 1 hour.

Beef Loaf I (Cannelon of Beef I)

2 pounds lean beef, chopped
Grated rind ½ lemon
1 tablespoon finely chopped parsley
1 egg
½ teaspoon onion juice
2 tablespoons melted butter
Few gratings nutmeg
1 teaspoon salt
¼ teaspoon pepper
4 slices fat salt pork

Combine ingredients (except pork) in order given. Shape in roll 6 inches long, place on rack in dripping pan, and arrange pork slices over top slices. Bake 30 minutes in hot oven (400° F.). Baste every 5 minutes with ¼ cup butter melted in 1 cup boiling water. Serve with Brown Mushroom Sauce I (p. 354).

Beef Loaf II (Cannelon of Beef II)

1½ pounds finely chopped, lean beef
⅓ cup finely chopped, salt pork
Salt and pepper

Combine ingredients. Shape in roll, wrap in buttered paper, place on rack in dripping pan, and bake in hot oven (400° F.) 35 minutes, basting every 5 minutes with butter melted in boiling water, using 3 tablespoons butter and ¾ cup water. Remove from paper to serving dish. Pour on Tomato Sauce (p. 352) and garnish with parsley.

Rice and Meat Loaf

¾ cup uncooked rice
2 cups chopped cooked meat
¾ cup gravy or stock
2 tablespoons fat
2 tablespoons flour
¼ teaspoon salt
3 tablespoons chili sauce
1 tablespoon chopped onion
Tomato Sauce (p. 352)

Boil rice in salted water. Mix meat with gravy or stock and salt. Add flour and butter creamed together. Heat to boiling point, add chili sauce and onion. Spread half the boiled rice in well-greased loaf pan, over this spread meat mixture, cover with remainder of rice, and press it down firmly. Steam for 40 minutes. Turn out on platter and surround with Tomato Sauce.

Beef Loaf with Pimiento

1 pound chopped beef
½ cup dry bread crumbs
½ cup canned tomatoes
1 canned pimiento, chopped
1 egg yolk
2 tablespoons melted butter or other fat
2 tablespoons stock or boiling water
1 teaspoon salt
¼ teaspoon pepper
Fat salt pork, thinly sliced

Mix ingredients and press into bread pan. Turn out on greased cake pan on 3 slices salt pork. Arrange fine strips of pork over top and bake 1 hour in hot oven (450° F.), basting frequently with stock or boiling water and afterwards with liquid in pan. Serve with Brown Sauce I (p. 350) to which has been added 1 pimiento cut in pieces.

SUITABLE CUTS FOR ROAST BEEF

Rib and loin make most desirable roasts because they are tenderer, are better marbled, and have a heavier coating of fat. Because of demand for steaks, the loin is seldom sold for roasts. The so-called prime rib cut is made up of seven or eight ribs, depending upon the method of " ribbing " or quartering. The choicest rib roasts are the last ribs, although commonly spoken of as the " first rib " cut, in reality are the tenth, eleventh, twelfth, and thirteenth ribs. According to the standard or Chicago method of quartering, which leaves the thirteenth rib on the hind quarter, the first rib cut is the twelfth rib of the animal. Sirloin tip is an excellent cut, but one available only in certain localities, notably Boston.

Roast Beef

Wipe, rub with salt (allowing ½ teaspoon to the pound), pepper, and flour.

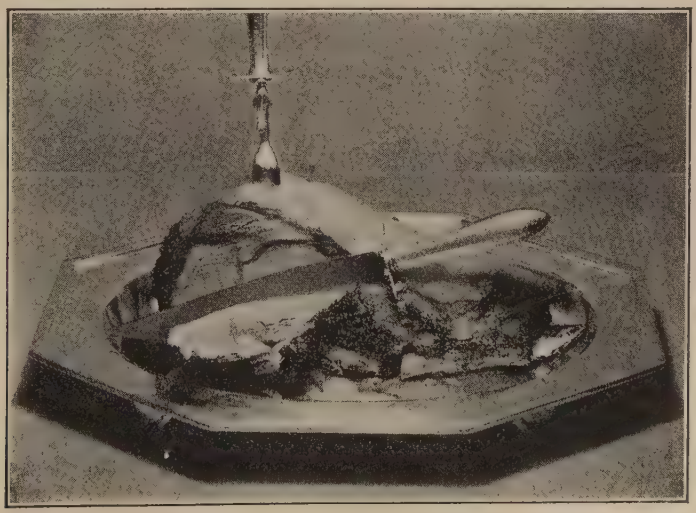
Place, *fat side up,* in an open pan without water. If roast is very lean, fasten a flattened layer of suet over the top with string or skewers. If roast is of such a shape that it cannot be placed fat side up, place a few trimmings of fat on top and baste occasionally. Otherwise, basting is unnecessary, as fat will baste meat as it melts.

Place meat in very hot oven (500° F.). Sear 20 minutes until lightly browned. Reduce heat to slow oven (300° F.) and continue roasting. Allow about 16 minutes to the pound for rare beef, 22 minutes to the pound for medium, 30 minutes to the pound for well-done beef. A

ROAST OF BEEF READY FOR THE OVEN

roast thermometer (p. 239) will read 140° F. for a rare roast, 160° F. for a medium roast, and 180° F. for a well-done roast.

Reducing the oven temperature to 250° F. will decrease the shrinkage markedly and will cook the meat uniformly but longer time will be required.



CARVING ROAST BEEF

To Carve a Roast of Beef. Have roast placed on platter, skin side up; with a pointed, thin-bladed, sharp knife cut a sirloin or rib roast in thin slices at right angles to the ribs, then cut slices from ribs. If there is tenderloin, remove it from under the bone, and cut in thin slices across grain of meat. Carve back of rump in thin slices with the grain of meat; by so doing, some of the least tender muscle will be served with that which is tender. By cutting across grain of meat, the tenderest portion is sliced by itself, as is the less tender portion.

Roast Beef Gravy

4 tablespoons fat from pan
5 tablespoons flour
1½ cups boiling water
Salt and pepper

Remove some of fat from pan, leaving 4 tablespoons. Set pan on top of stove. Brown flour in fat, add gradually boiling water. Cook 5 minutes, season, and strain.

Yorkshire Pudding

1 cup milk
1 cup flour
2 eggs
¼ teaspoon salt

Mix salt and flour and add milk gradually, to form smooth paste; then add eggs and beat 2 minutes with an egg beater. Cover bottom of 2 hot bread pans with some of beef fat tried out from roast; pour mixture in pan ½ inch deep. Put in hot oven (450° F.) and bake 20 to 30 minutes, decreasing the heat as the baking is accomplished. Cut in squares for serving. Bake, if preferred, in greased, hissing-hot, iron gem pans or in roasting pan, removing roast to warming oven.

Larded Fillet of Beef

The tenderloin of beef which lies under the loin and rump is called fillet of beef. The fillet under the loin is known as the long fillet, and when removed, no porterhouse steaks can be cut; therefore it commands a higher price than the short fillet, lying under rump. Two short fillets are often skewered together and served in place of a long fillet.

Order fillet larded, or wipe, remove fat, veins, and any tendonous portions; skewer in shape and lard upper side with grain of meat, following directions for larding (p. 238). Place on rack in small pan, sprinkle with salt and pepper, dredge with flour, and put in bottom

of pan small pieces of pork. Bake 20 to 30 minutes in hot oven (425° F.), basting 3 times. Take out skewer, remove meat to hot platter, and garnish with watercress. Serve with Mushroom (p. 354), Figaro (p. 356), or Horse-radish Sauce I or II (p. 360).

Fillet of Beef with Vegetables

3-pound fillet of beef
1 cup butter
1 cup cooked carrots, cut in fancy shapes
1 cup cooked peas
½ cup seeded raisins, cooked in boiling salted water until soft
Caps from ½ pound mushrooms

Melt butter in hot frying pan, add fillet, and turn frequently until entire surface is seared and well browned; then turn occasionally until done (about 30 minutes). Remove to serving dish and garnish with peas and carrots, both well seasoned, raisins and mushroom caps fried (sautéed) in butter 5 minutes. Serve with Brown Mushroom Sauce (p. 354).

Braised Beef

3 pounds beef
2 thin slices fat, salt pork
Salt and pepper
½ teaspoon peppercorns
Carrot, Turnip, Onion, Celery — ¼ cup each, cut in dice

Select any of the less tender cuts suggested for roasts (p. 240).

Try out pork and remove scraps. Wipe meat, sprinkle with salt and pepper, dredge with flour, and brown entire surface in pork fat. When turning meat, avoid piercing with fork or skewer, which allows the inner juices to escape. Place in deep baking dish and surround with vegetables, peppercorns, and 3 cups boiling water; cover closely and bake 4 hours in very slow oven (250° F.), basting every half-hour, and turning after second hour. Throughout the cooking, the liquid should be kept below boiling point. Serve with Horse-radish Sauce (p. 360) or sauce made from liquor in pan.

Beef à la Mode

4-pound piece of beef, cut from the round
12 strips fat, salt pork for lardoons (¼ inch wide, 4 to 6 inches long)
Salt, pepper, flour
Pork fat
⅓ cup carrot, ⅓ cup turnip, ⅓ cup celery, ⅓ cup onion — cut in dice
Sprig parsley
Bit of bay leaf

Insert lardoons (p. 238) in beef. Make incisions for lardoons by running large skewer through the meat. Season with salt and pepper, dredge with flour, and brown entire surface in pork fat. Put on trivet in kettle, surround with carrot, turnip, celery, onion, bay leaf, and water to half cover meat. Cover closely and cook slowly 4 hours, keeping liquor below boiling point. Remove to hot platter. Strain liquor, thicken, and season to serve as a gravy.

Pot Roast of Beef

4- to 6-pound piece of beef (for suitable cuts, see p. 240)
Salt, pepper, and flour
3 tablespoons beef fat
½ cup water

Rub meat with salt, pepper, and flour. Brown all sides in fat. Slip low trivet under meat, add water, cover tightly, and simmer until tender (about 3 hours). Turn occasionally. If desired, add vegetables last hour of cooking.

For gravy, skim off 2 tablespoons fat, add 2 tablespoons flour, and cook and stir until well blended and slightly browned. Add 1 cup of meat stock or cold water. Stir until smooth. Season with salt, pepper, and chopped parsley.

Pot Roast, American Style

4 pounds beef
Salt, pepper, flour
2-inch cube fat, salt pork
½ cup hot water
Boiled, sliced carrots
Boiled potatoes, cut in eighths

Rub meat with salt and sprinkle with pepper. Try out pork and brown meat in fat. Place in casserole with water, cover and cook 4 hours in slow oven (250° F.), adding more water as needed and turning 3 times during the cooking. Remove meat to hot serving dish, surround with carrot and potatoes. Pour melted butter over vegetables and garnish with parsley. Cauliflower is an attractive addition to this dish.

Beef Stew with Dumplings

Aitchbone, weighing 5 pounds
4 cups potatoes, cut in quarter-inch slices
Turnip } ⅔ cup each, cut in
Carrot } half-inch cubes
½ small onion, cut in thin slices
¼ cup flour
Salt and pepper
Dumplings (p. 338)

Wipe meat, remove from bone, cut in 1½-inch cubes, sprinkle with salt and pepper, and dredge with flour. Cut some of the fat in small pieces and try out in frying pan. Add meat and stir constantly, that the surface may be quickly seared; when well browned, put in kettle, and rinse frying pan with boiling water, add bones sawed in pieces, cover with boiling water and boil 5 minutes. Reduce heat and cook until meat is tender (about 3 hours). Add carrot, turnip, and onion, with salt and pepper last hour of cooking. Half an hour before stew is done, add potatoes. Remove bones, large pieces of fat, and then skim. Thicken with ¼ cup flour, mixed with ¼ cup cold water. Cook 5 minutes. Pour into deep hot platter and surround with dumplings.

Chili con Carne

2 pounds round or neck beef
¼ cup chopped suet
2 tablespoons flour
2 tablespoons chili powder
1 clove garlic, finely cut
2 quarts cold water

Cut meat in small cubes. Sprinkle with salt and flour. Heat suet in kettle; brown meat and garlic in suet, stirring as it heats. Add other ingredients and simmer until meat is tender (2 or 3 hours). Serve with Lima or other shell beans.

Oven Stew

1½ pounds lean beef, cut in 1½-inch cubes
1 onion, sliced
8 slices carrot, ¼ inch thick
2 sprigs parsley
1½ teaspoons salt
½ teaspoon peppercorns
2 cups hot water
2 cups canned tomatoes
3 tablespoons butter
3 tablespoons flour
1 cup canned peas

Put meat in baking dish or bean pot and add onion, carrot, parsley, salt, peppercorns, hot water, and tomatoes. Cover and bake 3½ hours in slow oven (250° F.). Half an hour before serving time, thicken with butter worked until creamy and mixed with flour, and add peas. Remove onion, carrot, parsley, and peppercorns before serving.

Hungarian Goulash

2 pounds beef, cut in 1½-inch cubes
1 quart boiling water
2 cloves garlic
1½ cups potato cubes
24 tiny onions, cooked
3 tablespoons butter
3 tablespoons flour

Add beef to water and garlic. Boil 5 minutes. Cover and simmer until tender. Parboil potatoes in boiling salted water 5 minutes; drain and add to meat 15 minutes before serving time. Add onions. Cream butter, add flour, work until smooth, and add bit by bit to stock in stewpan, stirring constantly. Season to taste.

Canadian Meat Pie

1½ pounds top round steak
3 lamb's kidneys
1½ sliced onions
2½ tablespoons butter
1⅓ cups boiling water
1¼ tablespoons Worcestershire Sauce
2 tablespoons flour
½ teaspoon salt
⅛ teaspoon pepper

Wipe steak, remove fat, and cut lean meat in ¾-inch cubes. Soak, pare, trim, and cut kidneys in ¼-inch cubes. Try out fat removed from steak; add onion and stir constantly till well browned. Add 1 tablespoon butter, beef, and kidneys and stir constantly until entire surface of meat is well seared and browned; then remove to stewpan. To fat remaining in pan add boiling water and strain; add Worcestershire Sauce, salt, and pepper. Pour over meat, cover tightly, and let cook on back of range or over low heat until meat is tender. Strain off liquid remaining in pan and thicken with remaining butter and flour mixed together. When meat is cold, turn into baking dish (having a half-inch rim) in the center of which is placed an earthen cup, and pour over half the sauce, reserving the remainder to serve with the pie. Place on rim of dish a ¾-inch strip of Plain Paste (p. 605), brush over with cold water, and put on cover of paste from the center of which a circular piece has been cut. Garnish with a braid of paste and 4 diamond-shaped pieces. Around edge make a row of parallel creases, ½ inch apart, using the back of a knife. Between each 2 creases, snip paste 3 times with scissors. Bake in hot oven (450° F.).

Pressed Beef Flank

Beef flank
Boiling water
Salt
½ teaspoon peppercorns
Bit of bay leaf

Wipe meat, remove superfluous fat, and roll. Cover with boiling water, add seasonings and any bones that may be on hand. Cook slowly until meat is in shreds; there should be but little liquor in

kettle when meat is done. Arrange meat in deep pan, pour over liquor, cover, and press with a heavy weight. Serve cold, thinly sliced.

CORNED BEEF

The best pieces of corned beef are the rattleran and fancy brisket. The fancy brisket commands a higher price and may easily be told from the rattleran by the selvage on the lower side and the absence of bones. The upper end of brisket (butt end) is thick and composed mostly of lean meat, the middle cut has more fat but is not well mixed, while the lower (navel end) has a large quantity of fat. The rattleran contains a thick lean end; the second cut contains three distinct layers of meat and fat and is considered the best cut by those who prefer meat well streaked with fat. The rattleran has a thin end, which contains but one layer of lean meat and much fat, consequently is not a desirable piece.

To Cook Corned Beef

Wipe meat and tie securely in shape, if this has not already been done at market. Put in kettle, cover with cold water, and bring slowly to boiling point. Boil 5 minutes, remove scum, reduce heat, and simmer until tender. Cool slightly in water in which it was cooked, remove to dish, cover and place a weight on cover, that meat may be well pressed. The lean meat and fat may be separated and put in alternate layers in a bread pan, then covered and pressed.

"Boiled Dinner"

A boiled dinner consists of warm, unpressed corned beef, served with cabbage, beets, turnips, carrots, and potatoes. After removing meat from water, skim off fat and cook vegetables (except beets, which require a long time for cooking) in this water. Carrots and turnips, if small, may be cooked whole; if large, cut in pieces. Serve cabbage and beets in separate dishes, other vegetables on same dish with meat.

BEEF IN MADE-OVER DISHES

Roast Beef with Gravy

Cut cold roast beef in thin slices, place on warm platter, and pour on some of the gravy reheated to boiling point. If meat is allowed to stand in gravy over heat, it becomes hard and tough.

Roast Beef, Mexican Sauce

Reheat cold roast beef cut in thin slices, in Mexican Sauce (p. 353).

Cottage Pie or Shepherd's Pie

Cover bottom of small, greased baking dish with hot mashed potato; add a thick layer of roast beef, chopped or cut in small pieces (seasoned with salt, pepper, and few drops onion juice) and moistened with some of the gravy; cover with a thin layer of mashed potato and bake in hot oven (425° F.) long enough to heat through.

Beefsteak Pie

1 to 2 cups cold broiled steak or roast beef, cut in 1-inch cubes
3 cups boiling water
½ onion
2 tablespoons flour
Salt, pepper
1 cup potatoes, cut in ¼-inch slices
Baking-Powder Biscuit (p. 59) or Plain Paste (p. 605)

Cover meat with boiling water, add onion, and cook slowly 1 hour. Remove onion, thicken gravy with flour diluted with cold water, and season with salt and pepper. Add potatoes parboiled 8 minutes. Put in buttered baking dish, cool, cover with biscuit mixture cut in 2-inch rounds, or with a pastry layer size of dish. Bake in hot oven (450° F.). If covered with pastry, make several incisions on crust. Pastry may be baked separately.

Casserole of Beef

4 cups cold cooked beef, cut in 1-inch cubes
2 cups Brown Sauce I (p. 350) or gravy
½ cup celery, cut in small pieces
½ cup carrot, cut in small cubes
1 onion, thinly sliced
1 cup tomatoes, cooked or canned
1 teaspoon Worcestershire Sauce
½ teaspoon salt
⅛ teaspoon pepper
1 cup peas, beans, or mushrooms, cooked or canned
1 cup potato balls, parboiled 10 minutes

Put first 9 ingredients in casserole dish. Cover and bake 1 hour in moderate oven (350° F.). Add other ingredients and cook 30 minutes longer or until potatoes are soft.

Various vegetables may be used, such as those suggested in Beef Stew with Dumplings (p. 252). Beef may be cooked on top of stove and served with Dumplings (p. 338) if desired.

Cecils with Tomato Sauce

1 cup cold roast beef or rare steak, finely chopped
Salt
Pepper
Onion juice
Worcestershire Sauce
2 tablespoons bread crumbs
1 tablespoon melted butter
1 egg yolk, slightly beaten
Tomato Sauce (p. 352)

Season beef with salt, pepper, onion juice, and Worcestershire Sauce; add remaining ingredients, shape in small croquettes, pointed at ends. Roll in flour, egg, and crumbs and fry (see Croquettes, p. 474). Serve with Tomato Sauce.

Cold Roast Beef à la Shapleigh

Pour Martinique French Dressing (p. 458) over cold roast beef and garnish with lettuce leaves, stoned olives, and curled celery.

Corned Beef Hash

2 cups cooked corned beef, chopped
3 cups cold boiled potatoes, chopped
Milk or Cream
Salt
Pepper

Combine beef and potatoes. Season and moisten with milk or cream, put into a hot buttered frying pan, stir until well mixed, spread evenly, then place over low heat where it may brown slowly underneath (40 to 45 minutes). Use asbestos mat if cooked on gas stove. Turn and fold on a hot platter. Garnish with sprig of parsley in the middle. Chopped parsley, chopped green or red pepper, or pimientos cut in small pieces may be added to hash mixture.

Corned Beef Hash with Beets

Follow recipe for Corned Beef Hash, adding half as much finely chopped, cooked beets as potatoes.

Roast Beef Hash

Substitute roast beef for all or part of corned beef in recipes for Corned Beef Hash. Chopped green peppers are usually added.

Corned Beef Tomato Toast

Tomato Cream Sauce (p. 353)
8 slices dry toast
⅓ cup chopped, cooked corned beef
2 tablespoons grated cheese

Dip toast (from which crusts have been removed) separately in sauce, and when soft remove to serving dish. To remaining sauce add chopped corned beef and pour over all. Sprinkle with cheese and garnish with toast points and parsley.

Broiled Dried Beef

Separate slices of dried beef and broil in broiling oven 2 or 3 minutes. Serve in place of bacon or as a garnish with Creamed Eggs (p. 107) and similar dishes.

Creamed Dried Beef

½ pound smoked dried beef, thinly sliced
1 cup Cream Sauce (p. 344), unsalted

Remove skin and separate meat in pieces, cover with hot water, let stand 10 minutes, and drain. Add to sauce and cook in double boiler 10 minutes.

Browned Creamed Dried Beef

¼ pound smoked dried beef, thinly sliced
2 tablespoons butter
2 tablespoons flour
1 cup milk

Remove skin and cut meat in small pieces. Cook in butter until brown. Sprinkle with flour, stir until well blended. Add milk gradually. Bring to boiling point, stir, and cook 2 minutes. Add a few slices mushroom or strips of green pepper, if desired.

For additional recipes see Chapter 31, " Hot and Cold Entrées."

CHAPTER 19

LAMB AND MUTTON

Lamb is the name given to the flesh of immature sheep. The age at which the change from lamb to yearling takes place in the live animal is from 12 to 14 months.

" Spring lamb " refers to meat from young lambs of weaning age or younger which are usually sold for slaughter at ages ranging from 3 to 5 months. These come on the market in the early spring. The term " genuine " spring lamb is used during April, May, and June to differentiate early spring lambs from other lambs which resemble them, such as light " yearling lambs." This term is gradually dropped after the regular supply of spring lambs in May and June.

" Hothouse lamb " refers to animals which are produced generally under artificial rather than climatic conditions. The flesh of such lambs is considered a delicacy and these are marketed during late winter and early spring months, principally from January to March.

To Select Lamb. Flesh is pinkish, deepening in color in older animals. Lean is firm and fine grained. Fat is white, hard, and flaky. In chops, the bone at joint has a definite red color. In leg of lamb, the bone is serrated or ridged. Bones are moist.

LAMB AND MUTTON CUTS AND THEIR USES

Roasts	Stews and Pot Roasts	Chops
Leg	Shoulder or chuck	Loin or kidney, a bit of the tenderloin is attached
Loin (roast saddle)	Breast	Shoulder or chuck
Rack (crown roast)	Flank	Rack or rib (for French chops); smaller, tenderer than loin chops
Shoulder or chuck		
Breast (including flank) boned and stuffed		

For the *extra edible parts*, see Chapter 22, " Liver, Sweetbreads, and Other Meat Extras."

To Select Mutton. Flesh is dull brick red. Lean is firm and fine grained. Fat is hard, white, and flaky. In chops, the bone is white. In leg of mutton, the bone at joint is smooth and rounded. Bones are dry. Good mutton has a larger proportion of fat than good beef.

Pan-Broiled Chops

Rub hissing-hot heavy frying pan with piece of fat. Sear chops quickly on each side, reduce heat and finish cooking, turning chops frequently, taking care not to pierce surface. Let stand on edge when nearly done to brown outside fat. Pour off excess fat occasionally so that chops will broil, not fry.

Thick chops may finish cooking in moderately hot oven (375° F.) after searing both sides. Slip low rack under chops in pan.

For time required for cooking, see Broiled Chops.

CHOPS

SHOULDER CHOP. ENGLISH CHOP (KIDNEY CHOP CUT TWO INCHES THICK). KIDNEY CHOP. RIB CHOP. FRENCH CHOP

Broiled Lamb Chops

Wipe chops, remove superfluous fat. Loin or kidney chops may be boned, rolled, and wrapped in thin slices of bacon skewered into place.

Place chops in broiler or on broiling rack greased with some of fat cut from chops. Broil under electric grill or flame of gas oven or over live coals. In gas oven, have chops 2 to 3 inches below moderate

flame. Sear both sides. Lower flame and cook until done, turning occasionally.

If desired, chops may finish cooking in moderately hot oven (375° F.) after searing both sides.

Chops 1½ to 2 inches thick require 20 to 35 minutes. Chops ¾ to 1 inch thick require 8 to 15 minutes. Sprinkle with salt and pepper and spread with softened butter.

Breaded Chops I

Wipe and trim chops, sprinkle with salt and pepper, dip in crumbs, egg, and crumbs, fry in deep fat (385° F.) from 5 to 8 minutes, and drain. Fry only 4 at a time, and allow fat to reheat between fryings. After testing fat for temperature, put in chops, and reduce heat, that surface of chops may not be too brown while the inside is still underdone.

Breaded Chops II

Wipe and trim chops, sprinkle with salt and pepper, roll in flour, dip in egg, then in dry bread crumbs and fry (sauté) in butter 8 minutes. Place in moderately hot oven (375° F.) to finish cooking. To fat in pan add small amount of boiling water and pour around chops.

Planked Chops

Follow recipe for Planked Steak (p. 242), substituting thick Broiled Chops for Steak.

WAYS OF SERVING LAMB CHOPS

Serve around mound of Mashed Potatoes (p. 364), French Fried Potatoes (p. 369), Green Peas (p. 405), or Turkish Pilaf (p. 87).

Serve on thin slices of Broiled Ham (p. 287), Fried Egg Plant (p. 395), or toast.

SAUCES FOR LAMB CHOPS

Tomato Sauce (p. 352)
Mushroom Sauce (p. 354)
Soubise Sauce (p. 348)
Currant Mint Sauce (p. 360)
Spanish Sauce (p. 352)
Mint Jelly
Currant Jelly

Chops à la Castillane

Serve Broiled Lamb Chops on slices of Fried Egg Plant (p. 395) with Spanish Sauce (p. 352).

Stuffed Chops

Wipe and trim chops cut 1¾ inches thick. Split lean meat in half, cutting to bone. Stuff with any desired stuffing (p. 332), press together lightly, dip in crumbs, egg, and crumbs, and cook 30 to 45 minutes in hot oven (450° F.), turning once during cooking. Sausage meat may be used for stuffing.

SPANISH LAMB CHOPS

READY FOR STUFFING; STUFFED; COOKED

Spanish Chops

Prepare 6 Stuffed Chops, using Mushroom Stuffing I (p. 334) and serve with Spanish Sauce (p. 352).

Chops à la Signora

Gash French chops on outer edge, cutting halfway through lean meat, insert slice of truffle, and proceed as for Breaded Chops I or II (p. 261). Serve on each a mushroom cap, broiled or baked in cream.

Lamb Chops, Reforme

Follow recipe for Breaded Chops II (p. 261), rolling them in finely chopped lean raw ham instead of bread crumbs. Use 5 tablespoons

ham for 6 chops. Serve with Mushroom Sauce (p. 354) to which 2 gherkins and 1 truffle, cut in thin strips, may be added.

Chops en Papillote

6 French chops
Whites 3 hard-cooked eggs, finely chopped
Yolks 3 hard-cooked eggs, forced through ricer
3 common crackers, rolled and sifted
3 tablespoons melted butter
Salt, pepper
Onion juice to taste

Cover chops with other ingredients, mixed together. Wrap in buttered paper cases. Bake 25 minutes in hot oven (450° F.). Remove from cases and serve garnished with parsley.

Lamb Chops à la Marseilles

Pan-broil chops on one side, place in buttered baking dish, cooked side up, cover with Mushroom Sauce (p. 354), and bake 8 minutes in hot oven (450° F.).

Mixed Grill

1 kidney chop
1 French chop
4 slices bacon
1 lamb's kidney, split
Tomato, cut in half
2 cooked potatoes, cut in thick slices
Maître d'Hôtel Butter (p. 358)

Brush tomato and potatoes with butter. Arrange on rack and broil. Potatoes may be cooked in broiling pan under bacon. Arrange on platter and pour on Maître d'Hôtel Butter.

Kernels of Lamb, Currant Mint Sauce

Wipe 8 lamb chops, remove eye of meat and fry (sauté) in a hot frying pan 6 to 8 minutes, sprinkling with salt the last 2 minutes of the cooking. Remove to hot dish and serve with Currant Mint Sauce (p. 360).

Tournedoes of Lamb

Order 6 kidney lamb chops cut 2 inches thick. Remove fat and bone and skewer lean meat into 6 circular pieces. Coil around each a thinly cut strip of bacon, having bacon overlap 1 inch, and fasten with wooden skewers. Sprinkle with salt and pepper, and pan-broil. Remove to hot platter and garnish with Savory Potatoes (p. 364) and parsley. Mint jelly is a delicious accompaniment to this dish.

Fillets of Lamb

2 pounds lamb from leg, cut in strips 1 inch thick
3 tablespoons olive oil
3 tablespoons vinegar
⅔ teaspoon salt
½ onion, finely chopped
1 tablespoon parsley, finely chopped

Flatten meat with cleaver to be ¾ inch thick. Mix olive oil, vinegar, salt, onion, and parsley. Pour over meat. Cover and let stand overnight or for several hours. Remove pieces of vegetables from fillets and fry meat (sauté) in hot frying pan, using as little butter as possible.

Roast Leg of Lamb

Select leg of lamb weighing 4 to 5 pounds, preferably cut to include some of loin. Wipe with damp cloth, sprinkle with salt and pepper and rub well with flour. Place on rack in open pan, skin side down and cut side up. Roast in hot oven (450°–480° F.) for 30 minutes, reduce heat to 300° F., and cook 2 to 2½ hours longer. Do not put water in pan. Basting is usually unnecessary. If fat covering is very thin, lay several strips of bacon on top and reduce heat after the first 20 minutes.

Government experiment has shown that lower roasting temperature increases the time of cooking but decreases shrinkage and produces a roast that is less dry.

If roast thermometer is used (p. 239), it will register 175° F. for slightly underdone lamb, 182° F. for well-done lamb.

Roast Lamb Gravy

Follow recipe for Roast Beef Gravy (p. 250).

Accompaniments for Roast Lamb

Littleton Sauce (p. 358)
Mint Sauce (p. 360)
Currant Mint Sauce (p. 360)
Cold Orange Sauce (p. 360)
Horse-radish Sauce (p. 360)
Currant Jelly Sauce (p. 350)
Estragon Sauce (p. 351)
Mint Jelly
Currant Jelly
Guava Jelly

Lamb Bretonne

Serve thinly sliced hot roast lamb with Beans Bretonne (p. 101).

BEGIN CARVING LAMB IN THE CENTER FOR THE BEST SLICES

To Carve Leg of Lamb. Cut in thin slices at right angle to bone, beginning at top of leg.

Stuffed Leg of Lamb

Order lamb boned at market. Stuff with Savory Stuffing (p. 332) or Celery Stuffing I or II (pp. 333, 334). Proceed as for Roast Leg of Lamb.

Roast Saddle of Lamb or Mutton

Select a loin weighing 6 pounds. Follow directions for Roast Leg of Lamb. Serve with Currant Jelly Sauce (p. 350) or Currant Mint Sauce (p. 360).

To Carve Saddle of Lamb or Mutton. Cut thin slices parallel with backbone, then slip the knife under and separate slices from ribs.

Roast Crown of Lamb

Order Crown of Lamb prepared at market. Place cubes of bread and cubes of fat salt pork on alternate bones. If desired, remove center from crown, put through food chopper, season with salt, pepper,

and poultry seasoning; moisten with hot water and put back into center of crown. Cover with oiled paper. Put in hot oven (450° F.). After 30 minutes, reduce heat to moderate (350° F.) and roast 45 minutes longer.

To Serve Crown of Lamb. Remove paper, bread, and pork from bones and put a chop frill, if desired, on each bone. Fill center with any of the following:

Mashed Potatoes (p. 364)
Chestnut Purée (p. 390)
Green Peas (p. 405)
Brussels Sprouts (p. 384) or other vegetables
Watercress

To Carve Crown of Lamb. Cut each chop separately.

Roast Shoulder of Lamb

Select shoulder weighing 3 to 4 pounds. Order boned. Sprinkle inside of pocket with salt and pepper. Stuff with Savory Stuffing (p. 332), Onion Stuffing (p. 335), or Celery Stuffing (p. 333), etc. Leave flat or roll. Sew edges together. Rub with salt, pepper, and flour. If fat covering is very thin, lay several strips of bacon over top. Follow directions for Roast Leg of Lamb (p. 264).

Roast Breast of Lamb

Select breast of lamb including fore shank. Order with bones cracked, to make carving easier. Make pocket by cutting through flesh close to ribs. Sprinkle inside of pocket with salt and pepper, stuff lightly with stuffing made with chopped fore shank seasoned to taste, and sew edges together. Rub with salt, pepper, and flour. Place on rack in open pan, ribs down. If there is not sufficient fat, lay a few slices of bacon over top. Follow directions for Roast Leg of Lamb (p. 264), time required being about 1¾ hours.

Mock Duck

Order fore quarter of lamb dressed for Mock Duck. Cover parts representing head and tail with buttered paper. Place on rack in dripping pan, sprinkle with salt and pepper, dredge meat and bottom

of pan with flour, and arrange three gashed, thin slices of fat pork on meat and 1 slice cut in pieces in bottom of pan. Follow directions for Roast Lamb (p. 264). Remove string, paper, and skewers, place on serving dish, and serve with brown gravy made from fat in pan.

Boiled Leg of Mutton

Wipe meat, place in kettle, and cover with boiling water. Bring quickly to boiling point, boil 5 minutes, and skim. Reduce heat and simmer until meat is tender. When half done, add 1 tablespoon salt. Serve with Caper Sauce (p. 347) or add to 2 cups White Sauce II (p. 344) (made of half milk and half mutton stock) 2 hard-cooked eggs cut in slices.

Braised Leg of Mutton

Leg of mutton (boned at market)
½ cup butter
1 slice onion
1 slice carrot
1 slice turnip
½ bay leaf
1 sprig thyme
1 sprig parsley
3 cups hot water
1½ teaspoons salt
4 tablespoons flour
Plain Stuffing (p. 332)

Wipe meat, stuff, sew, and place in deep pan. Melt ¼ cup butter, add onion, carrot, turnip, bay leaf, thyme, and parsley. Cook 5 minutes. Add hot water, salt, and peppercorns; pour over mutton. Cover closely and cook 3 hours in slow oven (250° F.), uncovering for the last half-hour. Remove from pan to hot platter. Brown remaining butter, add flour, and stir until well browned; then pour on slowly the strained liquor; there should be 1¾ cups.

Breast of Lamb

Breast of lamb
Bouquet of sweet herbs
1 small onion, stuck with 6 cloves
½ teaspoon salt
½ teaspoon peppercorns
¼ cup carrot, cut in dice
¼ cup turnip, cut in dice

Put lamb in kettle with vegetables and seasonings. Cover with boiling water and simmer until bones will slip out easily. Take meat from water, remove bones, and press under weight. When cool, trim

in shape. Crumb and fry (see Croquettes, p. 474). Serve with Spanish Sauce (p. 352).

Lamb en Casserole

2 pounds lamb, cut in 1-inch cubes (for suitable cuts, see p. 259)
Salt and pepper
¾ cup carrot, cut in strips, parboiled 15 minutes
1 cup potato balls
2 cups Brown Sauce II (p. 350)
12 small, cooked onions
1 cup cooked, string beans
1 teaspoon Worcestershire Sauce

Put lamb in hot frying pan and turn frequently until seared and browned on both sides. Season with salt and pepper and bake in covered casserole 20 minutes, or until tender, in moderately hot oven (375° F.). Add carrots, potato balls, Brown Sauce, and pepper to taste. Cook until potatoes are soft, then add onions, string beans, and Worcestershire Sauce. Serve from casserole dish.

Fricassee of Lamb

3 pounds lamb, cut in pieces for serving (for suitable cuts see p. 259)
Salt and pepper
Flour
1½ cups Brown Sauce I (p. 350) made with liquor in which meat was cooked (all fat removed)

Wipe meat, cover with boiling water, and cook slowly until tender. Remove from water, cool, sprinkle with salt and pepper, dredge with flour, and fry (sauté) in butter or mutton fat. Arrange on platter, and pour Brown Sauce around meat. It is better to cook meat the day before serving, that fat may be more easily removed.

Irish Stew with Dumplings

3 pounds lamb, cut in pieces (for suitable cuts see p. 259)
½ cup carrots, ½ cup turnip } in ½-inch cubes
1 onion, sliced
4 cups potatoes, in ¼-inch slices
¼ cup flour
Salt and pepper
Dumplings (p. 338)

Put meat in kettle, cover with boiling water, and cook slowly 2 hours or until tender. After cooking 1 hour add carrot, turnip, and onion. Half an hour before serving add potatoes. Thicken with flour, mixed with ¼ cup cold water. Season with salt and pepper. Serve with dumplings.

Mutton Curry

3 cups mutton, cut in 1-inch pieces (for suitable cuts see p. 259)
3 onions, cut in slices
½ teaspoon peppercorns
1 sprig thyme
1 sprig parsley
4 tablespoons butter
4 tablespoons flour
½ teaspoon curry powder
½ teaspoon salt
⅛ teaspoon pepper
Cold water
Boiling water

Cover meat with cold water. Bring quickly to boiling point. Drain in colander and pour over 1 quart cold water. Return meat to kettle, cover with 1 quart boiling water, add onion, peppercorns, thyme, and parsley. Simmer until meat is tender, remove meat, strain liquor. Melt butter, add flour mixed with curry powder, salt, and pepper. When well blended, pour on slowly strained liquor. Bring to boiling point. Serve with border of steamed rice.

LAMB AND MUTTON IN MADE-OVER DISHES

Lamb Croquettes

1 tablespoon finely chopped onion
2 tablespoons butter
¼ cup flour
1 cup Brown Stock I or II (p. 144) or lamb gravy
1 cup cold cooked lamb, cut in small cubes
⅔ cup boiled potato cubes
Salt and pepper
1 teaspoon finely chopped parsley

Fry onion in butter 5 minutes, then remove onion. To butter add flour and stock and cook 2 minutes. Add meat, potato, salt, and pepper. Simmer until meat and potato have absorbed sauce. Add parsley and spread on shallow dish to chill. Shape, crumb, and fry (see Croquettes, p. 474). Serve with Tomato Sauce (p. 352).

Minced Lamb on Toast

Remove dry pieces of skin and gristle from cooked lamb, then chop meat. Heat in well-buttered frying pan, season with salt, pepper, and celery salt, and moisten with a little hot water or stock; or, after seasoning, dredge well with flour, stir, and add enough stock to make thin gravy. Pour over small slices of buttered toast.

Blanquette of Lamb

2 cups cooked lamb, in cubes or strips
2 cups White Sauce II (p. 344) made with half lamb stock and half milk

Season white sauce with mushroom catsup or other table sauce. Reheat meat in sauce. Garnish with large croutons, serve with any accompaniments suggested for Lamb Chops (p. 260). If desired, add to sauce hard-cooked eggs cut in eighths lengthwise.

Barbecued Lamb

Cold roast lamb, in slices
2 tablespoons melted butter
¾ tablespoon vinegar
¼ cup currant jelly
¼ teaspoon dry mustard
Salt and cayenne

Reheat lamb in sauce made of other ingredients.

Rechaufée of Lamb

Cold roast lamb, in thin slices
1 cup Brown Sauce I (p. 350)
¼ teaspoon curry powder
¼ teaspoon mustard

Add curry powder and mustard to sauce. Reheat lamb in sauce.

Salmi of Lamb

Cold roast lamb, in thin slices
2 tablespoons butter
½ tablespoon finely chopped onion
Salt and pepper
1 cup Brown Sauce I (p. 350)
1 cup cold lamb gravy, seasoned with Worcestershire or other table sauce

Cook butter and onion 5 minutes. Add lamb, sprinkle with salt and pepper, and cover with Brown Sauce or gravy. Cook until thoroughly heated. Arrange slices overlapping one another lengthwise of platter, pour sauce around, and garnish with toast points. A few sliced mushrooms or stoned olives improve this sauce.

Scalloped Lamb

Remove skin and fat from thin slices of cooked lamb and sprinkle with salt and pepper. Cover bottom of buttered baking dish with buttered cracker crumbs; cover crumbs with meat; cover meat with boiled macaroni and add another layer of meat and macaroni. Pour Tomato Sauce (p. 352) over and cover with buttered cracker crumbs.

Bake in hot oven (425° F.) until crumbs are brown. Boiled rice may be used in place of macaroni.

Casserole of Rice and Lamb

2 cups finely chopped, cooked lamb or mutton
2 cups Steamed Rice (p. 86)
Salt, pepper, cayenne
Celery salt
Onion juice
Lemon juice
¼ cup cracker crumbs
1 egg, slightly beaten
Hot water or stock to moisten

Line slightly greased mold with rice. Season meat to taste, add other ingredients and fill center of mold. Cover with rice. Cover rice with buttered paper and steam 45 minutes. Serve with Tomato Sauce (p. 352).

Lamb à la Breck

1 cup finely chopped, cooked lamb
½ teaspoon salt
⅛ teaspoon celery salt
⅛ teaspoon pepper
Few drops onion juice
1 cup boiled macaroni
1½ cups milk
2 eggs, slightly beaten

Put macaroni in buttered baking dish. Cover with lamb to which seasonings have been added. Add milk to eggs and pour over. Bake in moderate oven (350° F.) until firm.

Cold Roast Lamb, with Spinach

Cut cold roast lamb in slices and arrange, overlapping one another, around chop plate. In center place individual molds of seasoned, hot, chopped, boiled spinach, seasoned with butter, salt, and pepper. Make a depression in each mold and in cavity thus made drop a poached egg. Garnish with watercress.

Mutton with Currant Jelly Sauce

Heat slices of cold cooked mutton in Currant Jelly Sauce (p. 350).

Minced Mutton

2 cups chopped, cooked mutton
Yolks 6 hard-cooked eggs
¾ teaspoon mixed mustard
Salt
Cayenne
1 cup cream

Mash egg yolks, season with mustard, salt, and cayenne. Add cream and mutton. Heat thoroughly. Season if desired with cooking wine.

For additional recipes for the use of cooked lamb or mutton see Chapter 31, "Hot and Cold Entrées."

CHAPTER 20

VEAL

Veal is the flesh of a young calf killed when six to eight weeks old. Good veal is less firm than beef. In color it is almost white, with a delicate pinkish tinge. The fat is firm and white with slight pinkish tint.

Veal requires long, slow cooking because of the large proportion of connective tissues. Being deficient in fat and having but little flavor, pork or butter should be added while cooking and more seasoning is required than for other meats.

VEAL. VEAL CUTLET. VEAL CHOP

VEAL CUTS

Roasts	Cutlets	Chops	Stews	Soup, Veal Loaf
Leg Rump Loin Rib Breasts Shoulder Chuck	Leg Chuck	Loin Rib	Breast Shoulder Knuckle Shanks	Shanks

Veal Cutlets

Use slices of veal from leg cut ½ inch thick. Wipe, remove bone and skin, then cut in pieces for serving. The long irregular-shaped pieces may be rolled and fastened with small wooden skewers. Sprinkle with salt and pepper; dip in flour, egg, and crumbs and fry (sauté) slowly, until well browned, in salt pork fat or butter.

Place in stewpan and pour over 2 cups Brown Sauce (p. 350) or Tomato Sauce (p. 352). Cook slowly 1 hour or until cutlets are tender. Cutlets may be cooked in casserole dish in hot oven (400° F.).

Veal may be cooked first in boiling water until tender, then crumbed and fried. The water in which veal was cooked may be used in making sauce or stock can be made from bones and trimmings. Arrange on hot platter, pour sauce around cutlets, and garnish with parsley.

Veal Chops Bavarian

6 loin chops
½ onion, sliced
8 slices carrot
2 stalks celery
½ teaspoon peppercorns
4 cloves
2 tablespoons butter

Put chops and other ingredients in saucepan, cover with boiling water, cook slowly until tender. Drain (reserving liquid), season meat with salt and pepper, dip in flour, egg, and crumbs, fry in deep fat (385° F.), and drain on brown paper. Arrange chops on hot serving dish and surround with boiled macaroni to which Soubise Sauce (p. 348) is added.

Fricassee of Veal

2 pounds sliced veal (for suitable cuts, see p. 273)
1 small onion
2 stalks celery
6 slices carrot
Salt, pepper
Flour
Pork fat
4 tablespoons butter

Wipe meat, cover with boiling water, and add vegetables. Cook slowly until meat is tender. Remove meat, sprinkle with salt and pepper, dredge with flour, and fry (sauté) in pork fat. Strain liquor (there should be 2 cups). Melt butter, add 4 tablespoons flour and strained liquor. Bring to boiling point, season with salt and pepper, and pour around meat. Garnish with parsley.

Veal Holstein

2 slices veal, cut from leg
Salt, pepper
4 tablespoons pork fat
2 tablespoons butter
1½ cups Brown Sauce (p. 350)

Wipe and trim veal, cut in pieces for serving, pound with wooden potato masher or edge of saucer or plate. Sprinkle with salt and pepper. Dip in crumbs, egg, and crumbs, and fry (sauté) in hot frying pan in pork fat and butter until well browned. Place over low heat, pour on Brown Sauce, cover, and simmer until meat is tender (1 to 1½ hours). Remove to serving dish and strain sauce around cutlets. Garnish each with a poached egg and around dish arrange thin slices of cucumber pickles, thin slices of cooked beets (cut in fancy shapes), slices of lemon (sprinkled with finely chopped parsley), and stoned olives stuffed with capers and anchovies.

Minuten Fleisch

1½ pounds veal cut in thin slices
Salt and pepper
⅔ cup cooking claret
Flour
1⅓ cups Brown Stock (p. 144)
Juice 1 lemon
2 sprigs parsley

Pound veal until ¼ inch thick and cut in pieces for serving. Sprinkle with salt and pepper, put in baking pan, pour on claret and let stand 30 minutes. Drain, dip in flour, arrange in 2 buttered pans, and pour on remaining ingredients and claret which was drained from meat. Cover and cook slowly until meat is tender. Remove to serving dish and pour over sauce remaining in pan.

Loin of Veal à la Jardinière

4-pound loin of veal
Salt, pepper
Flour
4 tablespoons butter
Hot water
2 cups cooked turnips, ½-inch cubes
2 cups cooked carrots, ½-inch cubes
2 cups cooked potato balls

Wipe veal, sprinkle with salt and pepper, and dredge with flour. Melt butter in deep stewpan. Add veal and brown entire surface of meat, watching carefully and turning often that it may not burn. Add 1 cup hot water, cover closely, and cook slowly 2 hours, or until meat is tender, adding more water as needed, using in all about 3 cups. Remove meat, thicken stock remaining in pan with flour diluted with

enough cold water to pour easily. Surround the meat with turnips, carrots, and potato balls. Serve gravy separately.

Braised Shoulder of Veal

5-pound shoulder of veal, boned
Plain Stuffing or New England Stuffing (p. 332)

Stuff veal and sew in shape. Follow recipe for Braised Beef (p. 251), adding 2 sprigs thyme and 1 sprig marjoram to vegetables.

English Meat Pie

Knuckle of veal	Blade of mace
1 slice onion	2 teaspoons salt
1 slice carrot	½ pound lean raw ham
Bit of bay leaf	4 tablespoons flour
Sprig of parsley	4 tablespoons butter
12 peppercorns	2 dozen oysters, hard part removed

Remove meat from bones. Cover bones with cold water, add vegetables and seasonings, and heat slowly to boiling point. Add meat, boil 5 minutes, and simmer until meat is tender; remove meat and reduce stock to 2 cups. Put ham in frying pan, cover with lukewarm water, and let stand 1 hour. Brown butter, add flour, and when well browned add stock; then add veal and ham, each cut in cubes. Simmer 20 minutes and add oysters. Put in serving dish and cover with top made of plain or puff paste. It is much better to bake puff paste separately and cover pie just before sending to table.

Roast Veal

For suitable cuts, see p. 273. If leg is used, it should be boned at market.

Wipe meat, sprinkle with salt and pepper, stuff, and sew in shape. Place on rack in dripping pan, dredge with flour, and place strips of fat salt pork around meat. Sear 15 minutes in very hot oven (525° F.), then reduce heat (250° F.). Add ½ cup hot water, cover closely, and bake until done.

Loin requires 21 minutes to the pound after searing. *Shoulder* requires 25 to 30 minutes to the pound after searing. Sear *leg* 30 minutes, then allow 21 minutes to the pound.

If roast thermometer (p. 239) is used, it should read 160° F. Serve with Brown Gravy (p. 350) made with fat in pan.

Fricandeau of Veal

Lard a cushion of veal (thickest part of leg) and roast or braise.

Stuffed Cushion of Veal

Order a 5-pound cushion of veal (a piece cut from the upper part of the leg). Wipe, stuff with Mushroom Stuffing I or II (pp. 334, 335), and truss. Put ½ cup butter in hot frying pan with veal, and cook until entire surface is seared and well browned, turning frequently, using a 2-tined fork to prevent piercing. Cover and bake in hot oven (400° F.) 1½ to 2 hours. Remove to hot platter, garnish with parsley, and serve with Brown Mushroom Sauce (p. 354) made with fat in pan.

Loin of Veal, Allemande

Loin of veal (ribs and flank attached)
⅓ cup beef suet, finely chopped
¾ cup stale bread crumbs
¾ cup milk
3 tablespoons butter
1 egg, slightly beaten
1 egg yolk
1 tablespoon tomato catsup
⅛ teaspoon grated nutmeg
Salt, pepper, cayenne to taste
4 slices fat salt pork
Flour
½ cup sour cream

Remove meat nearest backbone in one piece. Remove meat from flank, discarding skin; then force through food chopper; there should be ⅞ cup. Add beef suet and mix thoroughly. Cook bread crumbs with milk, until reduced to thick paste. Add butter, egg, egg yolk, tomato catsup, nutmeg, and salt, pepper, and cayenne to taste. Combine mixtures, shape in loaf, roll in crumbs, egg, and crumbs. Arrange salt pork lengthwise of center of dripping pan. Place on pork the long rib bones (which have been removed), on bones the meat roll, and over roll the piece of meat. Sprinkle with salt and pepper, dredge meat and bottom of pan with flour and over meat arrange pieces of fat salt pork. Bake 2 hours in slow oven (300° F.). As soon as flour in pan is brown, baste with fat in pan and continue the basting every 10 minutes, using 2 cups stock, made from bones and trimmings. During the last half-hour of cooking pour over cream. Serve with brown gravy made from fat in pan.

India Curry

1½-pound slice of veal (½ inch thick)
2 sliced onions
½ cup butter
½ tablespoon curry powder
Flour
1 teaspoon vinegar
Steamed Rice (p. 86)

Sear veal quickly on both sides in frying pan without butter. Cut in 1½-inch pieces. Fry onions in butter until brown, remove onions, and add meat and curry powder, then cover with boiling water. Cook slowly until meat is tender. Thicken with flour diluted with enough cold water to pour easily; then add vinegar. Serve with border of steamed rice.

Veal Birds

1 slice veal from leg (cut as thin as possible)
1-inch cube fat salt pork, finely chopped
Fine cracker crumbs
1 egg, slightly beaten
Hot water or stock
Butter
1 cup cream or
Brown Sauce I (p. 350) or
White Sauce I (p. 343)
Salt, pepper, cayenne, poultry seasoning, lemon juice, onion juice

Wipe veal, remove bone, skin, and fat. Pound until ¼ inch thick and cut in pieces 4 inches long by 2 inches wide, each piece making a bird. Chop trimmings of meat, add salt pork, measure and add half as much crumbs. Season to taste. Moisten with beaten egg and hot water or stock. Spread thinly on center of each piece of veal. Roll and fasten with skewers. Sprinkle with salt and pepper, dredge with flour, and fry in hot butter until a golden brown. Put in stewpan, add cream or sauce to half cover meat, cook slowly 20 minutes or until tender. Serve on small pieces of toast, strain sauce in pan over birds and toast, and garnish with parsley. Birds may be cooked in covered casserole dish in hot oven (400° F.).

Veal Loaf I

Knuckle of veal, sawed in pieces
1 pound lean veal
1 onion
Salt and pepper
3 hard-cooked eggs, thinly sliced
4 tablespoons chopped parsley

Cover knuckle and lean meat with boiling water. Add onion, cook slowly until meat is tender. Drain, chop meat finely, and season highly with salt and pepper. Garnish bottom of mold with egg slices

and parsley. Put in layer of meat, layer of egg slices, sprinkle with parsley, and cover with remaining meat. Pour over liquor, which should be reduced to 1 cupful. Press, chill, and garnish with parsley.

Veal Loaf II

3 pounds lean veal
½ pound fat salt pork, finely chopped
6 common crackers, rolled
4 tablespoons cream
2 tablespoons lemon juice
1 tablespoon salt
½ teaspoon pepper
Few drops onion juice
1 egg white
¼ cup pork fat

Wipe veal and remove skin and membrane. Chop finely or force through food chopper. Add salt pork, crackers, cream, lemon juice, salt, pepper, and onion juice. Pack in small bread pan, smooth evenly on top, brush with egg white, and bake slowly 3 hours in slow oven (300° F.), basting with ¼ cup pork fat. Prick frequently while baking, that pork fat may be absorbed by meat. Cool, remove from pan, and cut in thin slices for serving.

Veal Olives

2 pounds veal from leg, cut in ¼-inch slices
Bacon
Salt and pepper

Cut veal in pieces 2 by 4 inches. Lay piece of bacon on each, having bacon extend beyond veal. Roll and fasten with small skewers

(toothpicks). Brown entire surface in bacon fat. Season with salt and pepper. Put in baking dish, add hot water to half depth of meat, cover, and bake until tender. Make Brown Sauce with stock remaining in dish.

Mock Sweetbreads

1 pound lean raw veal, finely chopped
2 ounces finely chopped fat salt pork
⅔ cup soft bread crumbs
2 eggs, slightly beaten
⅓ cup flour
½ cup rich milk
½ teaspoon salt
⅛ teaspoon pepper
1½ tabelspoons butter
¾ cup Veal Stock (p. 153)

Mix ingredients thoroughly. Form into 8 elliptical-shaped pieces, put in dish, dot over with butter, and pour stock around veal. Cover and bake one hour in moderate oven (350° F.), basting every 10 minutes of the cooking. Remove to hot serving dish and surround with White Sauce II (p. 344), Brown (p. 350), or Tomato Sauce (p. 352).

VEAL IN MADE–OVER DISHES

Veal Croquettes

2 cups chopped, cooked veal
½ teaspoon salt
⅛ teaspoon pepper
Few grains cayenne
Few drops onion juice
1 egg yolk
1 cup Croquette Sauce (p. 344)

See Croquettes, p. 474.

Veal Timbales

1½ cups cold, cooked veal
3 egg yolks, slightly beaten
½ cup heavy cream
⅓ cup white cooking wine
½ teaspoon salt
Few grains paprika
3 egg whites, beaten until stiff
1 cup White Sauce II (p. 344)
1½ tablespoons chopped truffle

Force veal twice through food chopper. Pound in mortar, adding gradually egg yolks, cream, wine, and seasonings. Cut and fold in egg whites.

Butter individual molds and fill ¼ full of White Sauce, to which truffles have been added; fill with veal mixture. Set molds in pan of hot water, cover with buttered paper, and bake until firm in moderate oven (350° F.). Remove from molds to hot serving dish, when sauce will run down sides of timbales.

Minced Veal on Toast

Prepare like Minced Lamb on Toast (p. 269), using veal in place of lamb.

Blanquette of Veal

2 cups cooked veal, cut in small strips
1½ cups White Sauce II (p. 344)
Mashed Potato
Finely chopped parsley

Reheat veal in sauce and serve in potato border. Sprinkle with parsley.

Casserole of Veal

Follow recipe for Casserole of Rice and Lamb (p. 271), using veal in place of lamb.

Ragoût of Veal

2 cups cooked veal, cut in cubes
1½ cups Brown Sauce (p. 350)
1 teaspoon Worcestershire Sauce
Few drops onion juice
Few grains cayenne

Reheat veal in sauce, season to taste.

For additional recipes using cooked Veal see Chapter 31, "Hot and Cold Entrées."

CHAPTER 21

PORK

Pork is the flesh and fat of pig or hog. Pork should be fine-grained and firm. Lean from a young animal is nearly white, from an older animal rose color. Fat is white and less firm than beef. Select meat with least amount of visible fat since there is plenty throughout the "lean."

PORK CUTS AND THEIR USES

Feet — stews, boiling, frying, pickled
Hams — Fresh — steaks, roasts
Smoked — baking, "boiling", broiling (in slices)
Fat back (salt pork) — fried and as flavoring with other foods
Bacon — broiled, pan-broiled, baked
Loin — roasts, chops
Shoulder — Fresh — roasted
Smoked — Like Smoked Ham
Spareribs — baked, boiled
Tenderloin — broiled, pan-broiled, baked, braised
Extra edible parts — see Chapter 22, "Liver, Sweetbreads, and Other Meat Extras."

Pan-broiled Pork Chops

Have chops cut ¾ to 1 inch thick, as they shrink considerably while cooking. Wipe, sprinkle with salt and pepper, dust lightly with flour. Place in hot, heavy frying pan, fat edge down. Brown on both sides. Pour off fat, cover, and cook slowly until tender (about 25 minutes). Core and pare apples, cut in half-inch slices, fry in fat remaining in pan, and serve with chops.

Stuffed Rib Chops with Apples

6 rib chops, 1½ inches thick
Celery Stuffing (p. 333)
3 tart red apples
Salt, pepper
Flour

Wipe chops, cut halfway through lean to bone. Sprinkle with salt and pepper and rub lightly with flour. Sear both sides quickly in

hot, heavy frying pan. Stuff, fasten with small wooden skewers (toothpicks). Lay on rack in baking dish. Place half a cored apple on each, cut side down. Cover closely, bake in moderate oven (350° F.) until meat is tender (about 45 minutes). Remove skewers before serving.

Pork Chops, Sweet Potatoes, and Apples

Place pork chops on large baking platter. Cover each with 1 tablespoon Onion Stuffing (p. 335). Surround alternately with sweet potatoes of uniform size (parboiled) and small red apples, cored and filled with seeded raisins and currants. Bake 1½ hours in hot oven (425° F.), reducing temperature if necessary. Baste with water if necessary.

Braised Pork Chops

Sprinkle with salt and pepper, sear both sides. Put in heavy pan, cover with boiling water, or tomato juice and pulp. Minced onion may be added. Cover and cook slowly 50 to 60 minutes.

Kernels of Pork

Wipe a spareribs of pork and remove lean meat in one piece. Cut in ¾-inch slices crosswise, sprinkle with salt and fry in a hot, heavy frying pan, rubbed over with pork fat. Arrange down the center of a hot platter and surround with nests made of Savory Potatoes (p. 364),

filled with Creamed Silver Skins (p. 402). Garnish with sprig of parsley.

Pork Tenderloins with Sweet Potatoes

Wipe, put in dripping pan, brown 15 minutes in hot oven (500° F.). Then reduce heat (300° F.). Parboil sweet potatoes 10 minutes and arrange around meat. Bake 45 minutes, basting every 15 minutes.

Roast Loin of Pork

Wipe meat, sprinkle with salt (allowing 1 teaspoon to each pound) and pepper. Place fat side up, on rack in open roasting pan. Sear 15 minutes in hot oven (500° F.). Then reduce temperature rapidly to slow (300° F.) and cook until meat is tender (30 minutes to the pound). If roast thermometer is used (p. 239), it will read 185° F.

Serve with Brown Gravy (p. 350) made with fat in pan.

Roast Crown of Pork

Order a crown of pork prepared at market. Sprinkle with salt, dredge with flour, and place on rack in dripping pan. Roast (see Roast Loin of Pork). Arrange trimmings of pork fat in pan, and baste every 15 minutes.

Remove to chop plate, surround with mounds of mashed potatoes at regular intervals, and between potato mounds, halves of baked apples. Garnish ends of bones with paper frills and put a large bunch of parsley in the center of crown.

Roast Fresh Ham

Wipe meat, *leave rind on.* Sprinkle surface of meat with salt and pepper. Rub with flour. Place on rack in open roasting pan, fat side up. Sear 15 minutes in hot oven (500° F.). Reduce temperature quickly to very moderate heat (300° F.), and cook 25 to 30 minutes per pound. If roast thermometer (p. 239) is used, it will register 182° F.

Remove rind, score fat covering in squares with sharp knife. Stick with cloves, sprinkle with brown sugar, and brown in moderately hot oven (375° F.).

Roast Shoulder

Order picnic shoulder of medium or large size, boned. Wipe, sprinkle with salt, stuff with Plain Stuffing (p. 332), Apple Stuffing (p. 333), or Celery Stuffing (p. 333) and sew in shape. Place on rack

in open roasting pan. Dredge with flour. Sear 15 minutes in hot oven (500° F.). Reduce oven temperature rapidly to slow (300° F.) and continue roasting until tender (25 to 30 minutes per pound).

Little Roast Pig

Clean, stuff with Onion Stuffing (p. 335), truss, and skewer a suckling pig. Make 4 parallel gashes, 3 inches long, through skin on each side of backbone. Put on rack in dripping pan, brush entire surface with melted butter, sprinkle with salt, pour 2 cups boiling water around pig, and cover with buttered paper. Roast (see Roast Pork, p. 284), basting every 15 minutes with liquor in pan. Remove paper after cooking 2½ hours and brush over with heavy cream. Remove to serving dish, put small red apple in mouth, cranberries in eye sockets, and laurel wreath around neck. Garnish with nest-shaped hominy croquettes filled with Apple Sauce, sections of red apples, and watercress.

Roast Stuffed Spareribs

2 matching spareribs, well fleshed
Apple Stuffing (p. 333)
Salt, pepper
Flour

Have breastbone cracked to make carving easier. Wipe, spread stuffing on one section, cover with other, and sew together. Sprinkle with salt and pepper. Rub with flour. Place on rack in open roasting pan and sear 20 minutes in hot oven (500° F.) or until lightly browned. Reduce temperature rapidly to slow (300° F.) and cook about 1 hour or until tender. Remove strings before serving.

Spareribs with Vegetables

Spareribs
Plain Stuffing (p. 332)
2 tablespoons fat
6 potatoes
1 small cabbage
Flour
3 cups water
Paprika
Chopped parsley

Wipe spareribs, sprinkle both sides with salt and pepper. Spread with stuffing, roll, dredge with flour, fasten with skewers, and tie with string. Put 2 tablespoons fat in frying pan. When hot, put in spareribs and sear and brown on all sides, turning as necessary. Put on rack in deep kettle, add 3 cups water, bring to boiling point, and simmer gently 1½ hours or until meat is nearly done. Add potatoes,

washed and pared, and cook 15 minutes; then add cabbage, cut in fourths, and cook 12 to 15 minutes longer. Remove meat to platter, put potatoes and cabbage alternately around the meat, and garnish with lines of paprika on the cabbage and chopped parsley on the meat and potatoes. Save the stock to use as the base for a vegetable soup.

Spareribs with Sauerkraut

Wipe spareribs, sprinkle lightly with salt, put in kettle, and cover with water. Cover and cook slowly 45 minutes. Remove spareribs, put in 4 cups sauerkraut and cook slowly, covered, 2 hours. Put spareribs on kraut, cover, and cook 1 hour longer.

Bacon I

Place strips of thinly cut bacon on board, and with a broad-bladed knife make strips as thin as possible. Put in cold frying pan and cook over moderate heat until bacon is crisp and brown, turning frequently, and occasionally pouring off fat from pan. Drain on brown paper.

Bacon II

Place thin slices of bacon closely together on rack in broiler. Bake in hot oven (425° F.) until bacon is crisp and brown, turning once. Drain on brown paper. Fat which has dripped into the pan should be poured out and used for frying liver, eggs, potatoes, etc.

Bacon Curls

Cut bacon in as thin slices as possible and remove rind. Put in a heavy frying pan and during the cooking shape in the form of curls, using a knife and fork. Drain on brown paper.

Fried Salt Pork, Country Style

Salt pork	¼ teaspoon salt
Corn meal	Few grains pepper
Flour	1 tablespoon butter
1 cup milk	1½ cups boiled potato cubes

Cut pork in thin slices, and slices in halves crosswise (making pieces about 2 by 3 inches), and gash each rind edge 4 times. Dip in corn meal and flour. Cook in hot frying pan until crisp and well browned, turning frequently. Remove from pan and strain fat through a double

thickness of cheesecloth placed over a fine strainer. Put 1½ tablespoons fat in saucepan, add 2 tablespoons flour, and stir until well blended. Add milk gradually, while stirring constantly. Bring to boiling point and add salt, butter — bit by bit — and potato cubes. Pile in center of hot serving dish and surround with prepared pork. Garnish with sprigs of parsley.

Broiled Ham

Soak thin slices of ham 1 hour in lukewarm water. Drain, wipe, and broil 3 minutes in broiler, or pan-broil, greasing pan with small amount of ham fat.

Barbecued Ham

Broiled ham
3 tablespoons vinegar
1½ teaspoons mustard
½ teaspoon sugar
⅛ teaspoon paprika
1 tablespoon currant jelly

Add seasonings to fat in pan. Heat and pour over ham.

Broiled Ham, Epicurean Style

Broil thick slice of ham in broiler on one side. Spread other side with thick layer of brown sugar and broil until sugar melts, reducing heat to prevent sugar from scorching. Serve with broiled pineapple slices.

Fried Ham and Eggs

Serve Broiled Ham with eggs fried in ham fat.

Casserole of Ham I

1 slice ham, 2 inches thick
1½ cups potatoes, pared and thinly sliced
2 cups milk

Wipe ham, remove outside edge of fat. Put in casserole, cover with potatoes. Pour on milk, cover, and bake 1½ to 2 hours in moderate oven (350° F.).

Casserole of Ham II

1 slice ham, 1 inch thick
3 large onions, sliced thin
1½ cups Brown Stock (p. 144) or Canned tomatoes (highly seasoned)

Place onions in baking dish. Place ham on onions. Pour on stock or tomatoes. Bake 1 hour in moderate oven (350° F.).

Baked Ham with Glacéed Pineapple

1 slice ham, 1 inch thick
Prepared mustard
Canned pineapple
½ cup brown sugar
6 cloves

Soak ham 1 hour in lukewarm water. Drain, arrange in baking dish, spread with mustard, pour on 1 cup pineapple sirup, sprinkle with sugar, and stick with cloves. Bake in moderate oven (350° F.) until tender. Arrange pineapple rings on ham. Bake until pineapple is delicately brown, basting frequently with sirup in pan.

Ham Roll

Spread 1-inch slice of ham with Raisin and Nut Stuffing (p. 336) or Plain Stuffing (p. 332). Roll up and skewer or tie in shape. Put in baking dish, cover with stock or canned tomatoes, cover, and bake 1½ to 2 hours in moderate oven (350° F.).

"Boiled" Ham (Ham Cooked in Water)

High-grade commercial hams need no soaking. Home-cured hams, smoked shoulders, picnics, and cottage butts are improved by soaking.

Scrub ham well with a stiff brush and place in kettle of simmering water (180° F.) so that ham is just covered. Do not allow water to bubble. Allow 25 minutes per pound for medium-sized ham. If meat thermometer is used, it will register 158° F. when ham is done. Hams cooked in simmering water are juicier and have a better flavor than those cooked in boiling water.

Ham à la Van Voast

Ham
6 slices carrot
6 slices onion
2 stalks celery
3 sprigs parsley
1 teaspoon whole cloves
1 teaspoon allspice berries
½ teaspoon peppercorns
1 cup soft stale bread crumbs
1 cup brown sugar
1 teaspoon mustard
Vinegar
2 cups cider

Cook ham as for "Boiled" Ham, adding carrot, onion, celery, parsley, cloves, allspice berries, and peppercorns to water. Cool in water in which it has been cooked, take from water, remove skin, and spread with mixture made by combining crumbs, sugar, and mustard with enough vinegar to hold mixture together. Pour cider over it and bake

1 hour in slow oven (300° F.), basting every 10 minutes. Serve hot with Cider Sauce (p. 359).

Baked Ham I

Allow " Boiled " Ham to cool partially in water in which it was cooked. Take from water, remove outside skin, sprinkle with sugar and fine cracker crumbs, stick with cloves ½ inch apart. Bake 1 hour in slow oven (300° F.). Serve cold, thinly sliced.

Baked Ham II

Scrub ham thoroughly with stiff brush. Place, fat side up, in uncovered pan and bake in slow oven (300° F.). A 10- to 12-pound ham requires 25 minutes per pound; larger hams, 20 minutes per pound; half hams 30 minutes per pound. 45 minutes before it is done, take from oven, remove rind, and spread with one of the following, moistened with fat from drippings:

1 cup brown sugar *or*

1 cup brown sugar and 2 tablespoons flour *or*

1 cup brown sugar and 2 tablespoons vinegar, fruit juice, or cider, *or*

1 cup brown sugar and ¼ cup fine bread crumbs.

Stick in whole cloves; during last 10 minutes, increase heat to brown

ham (400° to 450° F.). Serve with Raisin Sauce I or II, Cider Sauce, or Grapejuice Sauce (p. 359).

Frosted Ham

Remove outside skin from a cold, boiled ham and trim off most of the fat, leaving as smooth a surface as possible. Rub over with cracker dust (made from hard crackers, rolled and put through a fine sieve) and spread with Ornamental Frosting I (p. 697). Decorate with Ornamental Frosting (colored pink and green) forced through a pastry bag and tube. Remove to platter, garnish bone with paper frill and bone end with silver skewer stuck with a large truffle between two stuffed olives. Arrange around ham a border of small lettuce leaves and watercress.

Westphalian Ham

These hams are imported from Germany and need no additional cooking. Cut in very thin slices for serving.

Broiled Sausages

Cut apart. Prick with fork. Parboil 5 minutes in boiling water. Drain, fry in hot pan, turning frequently until brown. Drain on brown paper. Serve with Fried Apple Rings (p. 339) or Pineapple (p. 341) or Sautéed Bananas (p. 734).

Baked Sausages

Cut apart, prick, and parboil sausages. Place on rack in dripping pan and bake about 25 minutes in moderate oven (350° F.). Sliced apple may be baked in pan under sausages.

Sausages Baked in Potatoes (Deerfoot Potatoes)

Wash and pare potatoes of uniform size. Make hole with apple corer in each. Push in sausage. Place potatoes in baking dish and bake in hot oven (450° F.) until soft. Baste every 10 minutes with drippings.

Sausage Biscuits

Baking-Powder Biscuit (p. 59) 1 pound sausages

Pan-broil sausages. Cut out biscuits ¼ inch thick in 3-inch rounds. Place sausage on each and fold over. Bake 15 minutes in hot oven (450° F.).

Sausage Cakes

Make sausage meat into flat round cakes. Pan-broil in hot frying pan. Serve as suggested for Broiled Sausages.

Miss Daniel's Meat Loaf

1 pound fresh pork
1 pound veal
2 pounds beef
1 cup bread crumbs
1 cup milk
1 tablespoon salt
⅛ teaspoon pepper
3 eggs, slightly beaten
6 slices fat salt pork

Chop meat finely, mix, and add remaining ingredients (except salt pork) in order given. Shape in loaf, put in pan, and lay across top 6 thin slices fat salt pork. Roast 1½ hours in hot oven (400° F.), basting every 10 minutes, at first with ½ cup hot water and after that has gone, with fat in pan. Remove to platter, pour around Tomato Sauce (p. 352) or Brown Sauce (p. 350), and garnish with parsley. 1 small onion, peeled and finely chopped, may be added.

German Loaf

1 pound ham
1 pound fresh pork
1 clove garlic
1 small onion
1 tablespoon salt
1 teaspoon pepper
2 teaspoons curry powder
1½ tablespoons sage
White 1 egg
½ cup cream

Force ham, pork, garlic, and onion through food chopper. Add seasonings and again force through food chopper; then add egg white and cream and mix thoroughly. Put 4 strips of uncooked ham fat on center of square of cheesecloth, press mixture into shape, and place over fat. Roll in cheesecloth and tie. Place on trivet in kettle and add 3 quarts of boiling water, ¼ cup vinegar, and 1 teaspoon salt. Cover and simmer 2½ hours. Drain, cool, and put under a weight. Cut in thin slices for serving.

MADE-OVER DISHES WITH PORK

Fort Lincoln

1½ cups cooked pork
Mashed potatoes
3 slices fat salt pork, cubed
3 tablespoons flour
1 cup milk
½ teaspoon salt, few grains pepper

Try out salt pork. To 2 tablespoons fat, add flour and stir until well blended. Add milk gradually, while stirring constantly, bring to boiling point, season with salt and pepper, and add pork. Make border on serving dish of mashed potatoes and fill with mixture. Garnish, if desired, with parsley and fried potato balls.

Cottage Pie (with Pork)

Follow recipe for Cottage Pie (p. 256), using cooked pork.

Ham à la Breck

Follow recipe for Lamb à la Breck (p. 271), using cooked ham.

Shredded Ham with Currant Jelly Sauce

½ tablespoon butter
⅓ cup currant jelly
Few grains cayenne
¼ cup cooking sherry
1 cup cold, cooked ham, cut in small strips

Melt butter and currant jelly. Add cayenne, sherry, and ham; simmer 5 minutes.

Scalloped Ham

4 hard-cooked eggs, finely chopped
2 cups White Sauce II (p. 344)
¾ cup chopped, cooked ham
¾ cup buttered cracker crumbs

Sprinkle bottom of buttered baking dish with crumbs, cover with half the eggs, then with sauce, then with meat. Repeat. Cover with remaining crumbs. Bake in moderately hot oven (375° F.) until crumbs are brown.

CHAPTER 22

LIVER, SWEETBREADS, AND OTHER MEAT EXTRAS

LIVER

Calf's liver, beef liver, lamb liver, and pig's liver are all used. Calf's liver is considered the choicest, but beef and lamb liver are often very tender and of excellent flavor. Select liver with very little odor and of bright red color.

To Prepare Liver. Wipe with damp cloth and remove thin outside skin and veins. If beef liver is tough, parboil 5 minutes if sliced, 20 minutes if whole, before using in following recipes.

Broiled Liver

Prepare slices of liver ½ inch thick. Sprinkle with salt and pepper, place in greased wire broiler, and broil 5 minutes, turning often. Spread with butter and sprinkle with salt and pepper.

Fried (Sautéed) Liver

Prepare sliced liver. Fry (sauté) slowly in butter or bacon fat (2 tablespoons for 1 pound of liver). If bacon fat is used, serve with bacon.

Braised Liver

1 pound liver
Fat salt pork
¼ cup carrot, ¼ cup onion, ¼ cup celery } diced
¼ teaspoon peppercorns
2 cloves
Bit of bay leaf
2 cups Brown Stock I (p. 144) or water
1½ tablespoons butter
2 tablespoons flour

Prepare liver, skewer, and tie in shape. Lard (p. 238) upper side with salt pork. Put in deep pan with trimmings from lardoons, carrot, onion, celery, peppercorns, cloves, bay leaf, and stock or water. Cover closely and bake 2 hours in slow oven (300° F.), uncovering the last 20 minutes. Remove from pan, strain liquor, and thicken with butter and flour, browned together. Serve around liver.

Liver à la Madame Begué

1 pound liver, cut in 1-inch cubes
Salt and pepper
1 onion, thinly sliced
3 sprigs parsley

Sprinkle liver with salt and pepper, cover with onion and parsley, let stand 2 hours. Fry in deep fat (390° F.) 1 minute. Drain. Garnish with lemon or parsley.

Chickens' Livers

Clean and separate, sprinkle with salt and pepper, dredge with flour, and fry (sauté) in butter. Reheat in Brown Sauce I (p. 350).

Chickens' Livers with Mushrooms

6 chickens' livers
1 slice bacon, cut in small pieces
2 tablespoons butter
¼ cup sliced mushrooms
1 shallot, finely chopped or ½ tablespoon chopped onion
Finely chopped parsley
2 tablespoons flour
1 cup Brown Stock (p. 144)
1 teaspoon lemon juice

Cook bacon and butter 5 minutes. Remove bacon, add shallot, fry 2 minutes. Add livers, cook 2 minutes. Add flour, stock, lemon juice, and mushrooms. Cook 2 minutes, sprinkle with parsley.

Chickens' Livers with Bacon

Clean and cut livers in pieces. Wrap a thin slice of bacon around each piece. Fasten with small skewers. Put in broiler over dripping pan and bake in hot oven (425° F.) until bacon is crisp, turning once.

Chickens' Livers with Curry

6 chickens' livers, cleaned and cut in pieces
Crumbs, salt, and pepper
Egg
Butter
½ tablespoon finely chopped onion
2 tablespoons flour
½ teaspoon curry powder
1 cup Chicken Stock (p. 154)
Rice Timbales (p. 86)

Dip livers in seasoned crumbs, egg, and crumbs, and fry (sauté) in butter. Remove livers, and to fat in pan add 2 tablespoons butter and the onion, and cook 5 minutes. Add flour mixed with curry powder and stock. Stir and cook until sauce boils. Strain sauce over livers and serve with Rice Timbales.

Chickens' Livers en Brochette

Chickens' livers Thinly sliced bacon
Watercress

Cut livers in 4 pieces. Alternate pieces of liver and bacon on skewers, allowing 4 pieces of liver and 5 pieces of bacon to each skewer. Arrange skewers in upright positions on rack in dripping pan. Bake in hot oven (425° F.) until bacon is crisp. Serve on skewers, garnished with watercress.

SWEETBREADS

A sweetbread is the thymus gland of lamb or calf, but in cookery, veal sweetbreads only are considered. It is prenatally developed, of unknown function, and as soon as the calf is taken from liquid food, it begins to disappear. A sweetbread consists of two parts, connected by membrane and tubing. The round, compact part is called the heart sweetbread, as its position is nearer the heart; the other part is called the throat sweetbread. When sweetbreads are separated at market, avoid buying two throat sweetbreads, as the heart sweetbread is the more desirable. Sweetbreads spoil very quickly.

To Parboil Sweetbreads. Remove from paper as soon as received from market, plunge into cold water, and let stand 1 hour. Drain, put into salted boiling water. To each quart of water add 2 tablespoons lemon juice or vinegar. Cook slowly 20 minutes. Drain, and plunge into cold water, to keep white and firm.

SWEETBREADS RAW AND BROILED

Broiled Sweetbreads

Parboil, split crosswise. Sprinkle with salt and pepper and broil 5 minutes. Serve with Lemon Butter (p. 358).

Creamed Sweetbreads

Parboil, cut in small cubes. Reheat in White Sauce II (p. 344). Asparagus tips, sliced cooked celery, cooked mushrooms, or small oysters may be combined with sweetbreads. Serve on toast or in patty cases.

Sweetbreads à la Poulette

Parboil, cut in small cubes. Reheat in Béchamel Sauce (p. 346).

Creamed Sweetbreads and Chicken

Reheat equal parts cooked chicken and sweetbreads, diced, in White Sauce II (p. 344).

Sweetbreads, Country Style

Parboil, sprinkle with salt and pepper, dredge with flour. Arrange in baking dish, brush over with melted butter, allowing 2 tablespoons to each pair of sweetbreads, and cover with thin slices fat salt pork. Bake 25 minutes in hot oven (450° F.), basting twice during cooking. Remove pork during last 5 minutes of cooking.

Larded Sweetbread

Parboil, lard (p. 238) upper side, and bake until well browned, basting with Meat Glaze (beef extract diluted with water, or a strong consommé).

Sweetbreads à la Napoli (Sous Cloche)

1 large sweetbread, parboiled
2 tablespoons butter
Beef extract
1 cup grated Parmesan Cheese
Salt, paprika
2 cups cream
8 mushroom caps, fried in butter
8 pieces toast, cut in 3½-inch rounds

Cut sweetbread in 8 pieces. Fry (sauté) in small quantity of butter, adding enough beef extract to give a glazed appearance. Moisten cheese with 1 cup cream, season with salt and paprika, and spread on toast. Place 1 piece of sweetbread on each piece of toast. Season with salt and pepper. Put in individual baking dishes, having 2 tablespoons cream in each. Place mushroom cap on each piece of

sweetbread, cover with glass covers, and bake 8 minutes in moderate oven (350° F.).

Sweetbread Cutlets

Parboil, split, and cut in circular pieces or pieces shaped like small cutlets. Sprinkle with salt and pepper, dip in crumbs, egg, and crumbs, and fry (sauté) in butter. Serve with Tomato Sauce (p. 352) or around creamed asparagus tips.

Sweetbread and Bacon (En Brochette)

Parboil sweetbread, cut in small pieces and arrange alternately with bacon on small skewers, having 4 pieces of sweetbread and 3 of bacon on each. Brush over with melted butter or oil, sprinkle with crumbs and broil slowly 10 to 15 minutes. Serve on skewers.

Sweetbreads Monroe

1 sweetbread, parboiled, cut in 6 pieces
1 small onion, sliced
1 stalk celery, sliced
4 slices fat salt pork, cubed
2 tablespoons butter
1 teaspoon salt
⅛ teaspoon pepper
1 cup Chicken Stock (p. 154)
1 tablespoon flour
1 cup peas, canned or cooked
Béarnaise Sauce (p. 357)
Truffle

Cook sweetbread 6 minutes with onion, celery, pork, 1 tablespoon butter, salt, and pepper, stirring almost constantly. Add stock, cover, and simmer 35 minutes. Remove sweetbreads, strain stock. Melt remaining butter, add flour, and stir until well blended; add stock gradually, while stirring constantly. Add peas and simmer 10 minutes. Arrange peas in 6 small baking dishes or casseroles, place piece of sweetbread on each, cover with Béarnaise Sauce, and garnish with piece of truffle.

Waldorf Sweetbreads

Prepare sweetbreads as for Sweetbreads Monroe and serve on canned artichoke bottoms, heated and seasoned with butter, salt, and pepper. Pour on Allemande Sauce (p. 348) made with stock in pan.

Sweetbreads à la Mont Vert

1 pair sweetbreads, parboiled
Truffles, sliced and cut for garnishing
3 tablespoons butter
2 slices onion
6 slices carrot
¼ cup Brown Stock I (p. 144)
¼ cup Chicken Stock (p. 154)
Suprême Sauce (p. 347) or
Béchamel Sauce (p. 346)

Gash sweetbreads. Put pieces of truffle in gashes. Melt butter, add onion, carrot, and sweetbreads; fry 5 minutes. Pour off butter, add stock, cover with buttered paper, and bake 15 minutes in hot oven (425° F.). Serve with sauce.

Sweetbread Mousse (p. 483)

Epigrams of Sweetbreads (p. 478)

Sweetbread Cutlets à la Victoria (p. 478)

TONGUE

Tongues of beef, calf, lamb, and sheep are used fresh, corned, smoked, or pickled.

To Cook Corned Tongue

See Corned Beef (p. 255). If very salt, soak several hours in cold water before cooking. Take from water when slightly cooled and remove skin. Serve hot or cold, sliced very thin. If hot, serve with Tomato Sauce (p. 352) or Currant Jelly Sauce (p. 350).

Braised Tongue

1 fresh tongue
⅓ cup carrot, ⅓ cup celery, ⅓ cup onion } diced
1 sprig parsley
4 tablespoons butter
4 tablespoons flour
Salt, pepper
Worcestershire Sauce

Put tongue in boiling water, cook slowly 2 hours. Take tongue from water and remove skin and roots. Place in deep pan with vegetables. Brown butter, add flour. When well browned, add 4 cups water in which tongue was cooked. Season with salt, pepper, and Worcestershire Sauce and pour over tongue. 1½ cups stewed and strained tomatoes may be used in place of some of the water. Cover and bake 2 hours in slow oven (300° F.), turning after first hour. Remove tongue and serve with sauce, strained or not.

Calves' Tongues, Savory Style

4 tongues
6 slices carrot
2 stalks celery
1 onion, stuck with 6 cloves
½ teaspoon peppercorns
½ tablespoon salt

Cover tongues with boiling water, add seasonings, cook slowly until tender. Take from water and remove skin and roots while hot. Split and pour over Brown Tomato Sauce (p. 352) or Sauce Piquante (p. 351).

Breaded Tongue with Tomato Sauce

Cut cold boiled tongue in ⅓-inch slices. Sprinkle with salt and pepper, dip in egg and crumbs, and fry (sauté) in butter. Serve with Tomato Sauce I (p. 352).

KIDNEYS

Kidneys of beef, veal, mutton, and lamb are used.

To Prepare Kidneys. Wash in cold water, remove skin. If old, soak in salted water 2 or 3 hours.

Broiled Veal Kidneys

Order kidneys with suet left on. Trim, split, and broil 10 minutes. Serve on toast. Pour on melted butter, seasoned with salt, cayenne, and lemon juice.

Kidneys en Brochette (à la Canfield)

Kidneys	Bacon
Mushroom caps	Brown Stock I or II (pp. 144, 145)

Trim kidneys, cook 10 minutes in stock to cover, drain, reserving stock, and cut in slices. Arrange alternate slices of kidney and thinly sliced bacon on skewers with mushroom cap at each end of skewer. Broil, until bacon is crisp and arrange on pieces of toast. Cover with sauce made from stock in which kidneys were cooked, seasoned with salt and cayenne.

Braised Kidneys

6 lambs' or 4 veal kidneys	Flour for dredging
Salt, pepper	⅔ cup boiling water or
2 tablespoons butter	Brown Stock I (p. 144)

Lemon juice or onion juice

Scald, skin, and soak kidneys 30 minutes in cold water. Slice, sprinkle with salt and pepper. Melt butter in hot frying pan, put in kidneys, and cook 5 minutes. Dredge thoroughly with flour, add

water or stock, and cook 5 minutes. Add more salt and pepper if needed, and lemon juice or onion juice.

Ragoût of Kidneys

6 lambs' or 4 veal kidneys
Salt, pepper
4 tablespoons butter
½ tablespoon finely chopped onion
3 tablespoons flour
1½ cups hot Brown Stock I or II (pp. 144, 145)

Scald, skin, and soak kidneys 30 minutes in cold water. Slice, sprinkle with salt and pepper, fry (sauté) 5 minutes in 2 tablespoons butter. Remove to hot dish. Cook onion in remaining butter until brown. Add flour and stock slowly. Bring to boiling point, season, strain, and add kidneys. ½ cup mushroom caps, peeled and quartered, may be added.

Kidney Rolls

½ cup stale bread crumbs
½ small onion, finely chopped
½ tablespoon parsley, finely chopped
Salt, pepper
1 egg, slightly beaten
Bacon
Lambs' or veal kidneys

Mix crumbs, onion, and parsley with enough egg to moisten. Season and spread on thin slices of bacon. Fasten with skewers around pieces of kidney (scalded, peeled, and soaked). Bake 20 minutes in a hot oven (425° F.).

HEARTS

The hearts of calves, beef, sheep, and lambs are used, but calves' hearts are considered the choicest.

Boiled Heart

Clean hearts. Simmer in water until tender. Split, remove gristle, and chop. Season and serve on toast.

Fried (sautéed) Heart

Clean, wash, cut in ½-inch slices, and soak 1 hour in salted cold water. Sprinkle with flour or crumbs and fry (sauté) slowly in butter (about 15 minutes).

Stuffed Calf's Heart

Wash, remove veins, arteries, and clotted blood. Stuff with half quantity of Plain Stuffing (p. 332), highly seasoned with sage, and sew. Sprinkle with salt and pepper, roll in flour, and brown in hot fat. Place in small, deep baking pan, half cover with boiling water, cover closely, and bake 2 hours in slow oven (250° F.), basting every 15 minutes. It may be necessary to add more water. Remove heart from pan and thicken the liquor with flour diluted with small quantity of cold water. Season with salt and pepper and pour around heart.

Stuffed Hearts with Vegetables

2 calves' hearts
Plain Stuffing (p. 332)
Fat salt pork
Salt, pepper
Flour for dredging
1 stalk celery
1 tablespoon chopped onion
2 sprigs parsley
4 slices carrot
2 slices turnip
Bit of bay leaf
2 cloves
¼ teaspoon peppercorns
1½ cups Brown Stock I or II (pp. 144, 145)

Clean, wash, stuff, skewer into shape, lard, season with salt and pepper, dredge with flour, and fry (sauté) in pork fat, adding to fat celery, onion, parsley, carrot, turnip, bay leaf, cloves, and peppercorns. Turn hearts occasionally until well browned, then add stock, cover, and cook slowly 1½ hours. Serve with cooked carrots and turnips cut in strips or fancy shapes.

Calf's Head à la Terrapin

1 calf's head
Velouté Sauce II (p. 347)

Wash and clean head. Cook until tender in boiling water to cover. Cool and cut meat from cheek in small cubes. To 2 cups meat add 1 cup sauce.

BRAINS

The brains of calves, lambs, and sheep are used.

Boiled Brains

Wash, remove arteries and membranes, and soak 1 hour in cold water to cover. Cook 15 to 30 minutes in gently boiling salted water to which has been added 1 tablespoon vinegar, or in half the rule for

Court Bouillon (p. 192). Drain, serve with White Sauce II (p. 344). Cream Sauce (p. 344), Tomato Sauce (p. 352), or Mushroom Sauce (p. 354).

Calf's Brains à la York

Boiled calf's brains
¼ pound mushroom caps, peeled and sliced
2 tablespoons butter
1½ cups White Sauce II (p. 344) made with thin cream
¼ cup cooking sherry

Press brains under weight. When cold, cut in small cubes, add sherry, cover, and let stand 1 hour. Fry (sauté) mushrooms in butter. Add to sauce with brains. Reheat and season with paprika and cayenne.

Scrambled Brains

Boiled calf's brains
4 hard-cooked eggs, chopped
2 eggs, beaten
1 teaspoon salt
¼ teaspoon pepper
1 tablespoon Worcestershire Sauce
2 tablespoons Tomato Catsup
4 tablespoons butter

Heat heavy frying pan, melt butter, add other ingredients, and cook like Scrambled Eggs (p. 111). Serve on toast.

TRIPE

Tripe is the first stomach of beef. Honeycomb tripe is the more delicate of the two varieties. Tripe is sold fresh and pickled. Select clean-looking tripe from a young animal.

Broiled Tripe

Wipe fresh tripe as dry as possible, dip in fine cracker dust and salad oil or melted butter. Drain off all fat possible and again dip in cracker dust. Place in greased broiler and broil 5 minutes, cooking smooth side of tripe the first 3 minutes. Place on hot platter, honeycombed side up, spread with butter, and sprinkle with salt and pepper. Broiled tripe is at its best when cooked over a charcoal fire.

Stewed Tripe

Cover with cold water, bring to boiling point, drain, cover with boiling salted water, simmer until tender (4 hours if cooked whole, 2 hours if cut in pieces for serving). Serve with Tomato Sauce (p. 352), or Brown Sauce II (p. 350), or White Sauce II (p. 344).

Tripe in Batter

1 cup flour
¼ teaspoon salt
½ cup cold water
1 egg, well beaten
½ tablespoon vinegar
1 teaspoonful salad oil or melted butter
Fresh honeycomb tripe

Mix flour and salt. Add cold water gradually. When smooth, add egg, vinegar, and oil or butter. Cut tripe in pieces for serving. Dip in batter, fry (sauté) in small quantity hot fat.

Pickled Tripe Fried in Batter

Cut pickled honeycomb tripe in pieces for serving; wash, cover with boiling water, and simmer gently 20 minutes. Drain and again cover, using equal parts cold water and milk. Heat to boiling point, again drain, wipe as dry as possible, sprinkle with salt and pepper, brush over with melted butter, dip in Batter III (p. 470) made with ⅓ cup milk. Fry (p. 470). Serve with slices of lemon and Chili Sauce.

Lyonnaise Tripe

3 cups fresh honeycomb tripe
1 tablespoon finely chopped onion
2 tablespoons butter
Salt, pepper
Chopped parsley

Cut tripe in pieces 2 inches by ½ inch. Put in pan in oven to draw out water. Drain. Brown onion slightly in butter, add tripe and cook 5 minutes. Sprinkle with salt, pepper, and parsley.

Tripe à la Creole

Follow recipe for Lyonnaise Tripe, adding to butter and onion 1 tablespoon green pepper, finely chopped, 1 tablespoon flour, ½ cup Brown Stock I (p. 144), ¼ cup drained tomatoes, and 1 fresh mushroom, sliced.

Braised Ox Joints

1 ox tail
Flour for dredging
Butter
1 onion, sliced
¼ cup flour
2 cups Brown Stock I or II (pp. 144, 145)
2 cups water
2 cups canned tomatoes
1 teaspoon salt
¼ teaspoon pepper
⅔ cup carrot } in small cubes
⅔ cup turnip }

Cut ox tail at joints, parboil 5 minutes, wash thoroughly, dredge with flour, and fry (sauté) with onion in butter until well browned. Add flour, stock, water, tomatoes, salt, and pepper. Turn into baking dish, cover, and cook slowly 3½ hours. Remove ox tail, strain sauce, and return ox tail and sauce to oven to finish cooking. Add carrot and turnip, parboiled in boiling salted water 5 minutes. As soon as vegetables are soft, add more salt and pepper if needed.

Broiled Pigs' Feet

Wipe, sprinkle with salt and pepper, and broil 6 to 8 minutes. Serve with Maître d'Hôtel Butter (p. 358) or Sauce Piquante (p. 351).

Fried Pigs' Feet

Wipe, sprinkle with salt and pepper, dip in crumbs, egg, and crumbs; fry in deep fat (p. 16).

CHAPTER 23

POULTRY AND GAME

Poultry includes all domestic birds suitable for food, *i.e.*, chicken, fowl, guinea hen, turkey, duck, goose, pigeons, and squab.

Game includes all wild animals and birds suitable for food, such as quail, partridge, plover, wild duck, deer, reindeer, and moose.

TO SELECT POULTRY AND GAME

Chicken and Fowl. *Fowl* have hard and dry feet and stiff cartilage at end of breastbone. A four-pound fowl serves eight.

Chicken have soft feet, smooth skin, and soft cartilage at end of breastbone. A four-pound chicken serves six to eight.

Guinea chickens have a slightly gamey flavor. They are generally sold with wing feathers left on. Guinea chickens may be cooked and served in any of the ways suitable for chickens of their age and size.

Capons are considered a little choicer than ordinary chickens. They have rounded, well-fleshed bodies, and pale combs.

Broilers or *spring chickens* or *squab chickens* are young, tender birds. Allow one-half small broiler to a person.

Canned chicken. Chicken meat or small whole chickens may be bought in cans.

Duck should be soft and white. A *duckling* is a young duck but may weigh as much as six pounds.

Goose should have a pliable, yellow bill and soft, fat, yellow feet. A four-pound goose serves six. A *green goose* is a young native goose.

Pigeons should be plump. Allow one pigeon to a person.

Squabs are young pigeons that have not been allowed to fly. Allow one squab to each person.

Turkey should be smooth and have soft and pliable cartilage at end of breastbone.

Game birds should have soft feet and pliable bills.

Rabbits. Young rabbits have soft ears and paws, short necks, and smooth, sharp claws.

Venison. Deer should hang two weeks or longer, according to taste, before using. Fat should be white and firm.

To Dress and Clean Poultry. Remove hairs and down by holding the bird over a flame (from gas, alcohol, or burning paper) and constantly changing position until all parts of surface have been exposed to flame; this is known as *singeing.* Cut off the head and draw out pinfeathers, using a small pointed knife. Cut through the skin around the leg one and one-half inches below the leg joint, care being taken not to cut tendons; place leg at this cut over edge of board, press downward to snap the bone, then take foot in right hand, holding bird firmly in left hand, and pull off foot, and with it the tendons. In old birds the tendons must be drawn separately, which is best accomplished by using a steel skewer. Make an incision through skin below breastbone, just large enough to admit the hand. With the hand remove entrails, gizzard, heart, and liver; the last three named constitute what is known as *giblets.* The gall bladder, lying on the under surface of the right lobe of the liver, is removed with liver, and great care must be taken that it is not broken, as a small quantity of the bile which it contains would impart a bitter flavor to the parts with which it came in contact. Enclosed by the ribs, on either side of backbone, may be found the lungs, of spongy consistency and red color. Care must be taken that every part of them is removed. Kidneys, lying in the hollow, near end of backbone, must also be removed. By introducing first two fingers under skin close to neck, the windpipe may be easily found and withdrawn; also the crop, which will be found adhering to skin close to breast. Draw down neck skin and cut off neck close to body, leaving skin long enough to fasten under the back. Remove oil bag and wash bird by allowing cold water to run through it, not allowing bird to soak in cold water. Wipe inside and outside, looking carefully to see that everything has been withdrawn. If there is disagreeable odor, suggesting that fowl may have been kept too long, clean at once, wash inside and out with soda water, and sprinkle inside with charcoal, and place some under wings.

Poultry dressed at market seldom have tendons removed unless so ordered. It is always desirable to have them withdrawn, as they become hard and bony during cooking. It is the practice of marketmen to cut a gash through the skin to reach crop and windpipe more

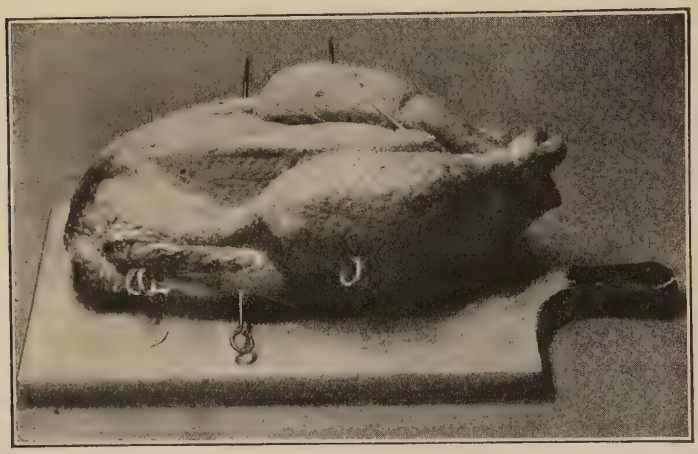
easily. This gash must be sewed before stuffing and causes the bird to look less attractive when cooked.

To Cut Up a Fowl. Singe, draw out pinfeathers, cut off head, remove tendons and oil bag. Cut through skin between leg and body close to body, bend back leg (thus breaking ligaments), cut through flesh, and separate at joint. Separate the upper part of leg, *second joint*, from lower part of leg, *drumstick*, as leg is separated from body. Remove wing by cutting through skin and flesh around upper wing joint which lies next to body, then disjoint from body. Cut off tip of wing and separate wing at middle joint. Remove leg and wing from other side. Separate breast from back by cutting through skin, beginning two inches below breastbone and passing knife between terminus of small ribs on either side and extending cut to collar bone. Before removing entrails, gizzard, heart, liver, lungs, kidneys, crop, and windpipe, observe their position, that the anatomy of the bird may be understood. The back is sometimes divided by cutting through the middle crosswise. The wishbone, with adjoining meat, is frequently removed, and the breast meat may be separated in two parts by cutting through flesh close to breastbone with cleaver. Wipe pieces, excepting back, with cheesecloth wrung out of cold water. Back piece needs thorough washing.

To Clean Giblets. Remove thin membrane, arteries, veins, and clotted blood around heart. Separate gall bladder from liver, cutting off any of liver that may have a greenish tinge. Cut fat and membranes from gizzard. Make a gash through thickest part of gizzard, and cut as far as inner lining, being careful not to pierce it. Remove the inner sack and discard. Wash giblets and cook until tender, with neck and tips of wings, putting them in cold water and heating water quickly that some of the flavor may be drawn out into stock, which is to be used for making gravy.

To Stuff Poultry. Put stuffing by spoonfuls in neck end, using enough to fill the skin so that bird may look plump when served. When cracker stuffing is used, allowance must be made for the swelling of crackers, otherwise skin may burst during cooking. Put remaining stuffing in body; if the body is full, sew skin; if not full, bring skin together with a skewer.

To Truss Chicken and Turkey. Draw thighs close to body and hold by inserting a steel skewer under middle joint, running it through body,



IN TRUSSING A CHICKEN FOR ROASTING, THE STRING DOES NOT CROSS THE BREAST

coming out under middle joint on other side. Cross drumsticks, tie securely with a long string, and fasten to tail. Place wings close to body and hold them by inserting a second skewer through wing, body, and wing on opposite side. Draw neck skin under back and fasten with a small wooden skewer. Turn bird on its breast. Cross string attached to tail piece and draw it around each end of lower skewer; again cross string and draw around each end of upper skewer; fasten string in a knot and cut off ends. In birds that are not stuffed, legs are often passed through incisions cut in body under bones near tail.

To Truss Ducks and Geese. Ducks and geese, having short legs, are trussed differently from chicken, fowl, and turkey. After inserting skewers, wind string twice around one leg bone, then around other leg bone, having one-inch space of string between legs. Draw legs with both ends of string close to back, cross string under back, then fasten around skewers and tie in a knot.

To Carve Chicken, Fowl, or Turkey. Bird should be placed on back, with legs at right of platter for carving. Introduce carving fork across breastbone, hold firmly in left hand, and with carving knife in right hand cut through skin between leg and body, close to body. With knife pull back leg and disjoint from body. Then cut off wing. Remove leg and wing from other side. Separate second joints from drum-

sticks and divide wings at joints. Carve breast meat in thin, crosswise slices. Under back on either side of backbone may be found two small, oyster-shaped pieces of dark meat, which are dainty tidbits. For a small family carve but one side of a turkey, that remainder may be left in better condition for second serving.

To Fillet a Chicken. Remove skin from breast, and with a small, sharp knife begin at end of collar bone and cut through flesh, following close to wishbone and breastbone the entire length of meat. Raise flesh with fingers and with knife free the piece of meat from bones which lie under it. Cut meat away from wing joint; this solid piece of breast meat is known as a *fillet.* This meat is easily separated in two parts. The upper, larger part is called the *large fillet;* the lower part the *mignon fillet.* One inch of wing bone is often left attached to fillet to be decorated, after cooking, with a chop frill. The tough skin on the outside of large fillet should be removed, also the sinew from mignon fillet. To remove tough skin, place large fillet on a board, upper side down; make an incision through flesh at top of fillet, and cut entire length of fillet, holding knife as close to skin as possible.

To Bone a Bird. In buying birds for boning, select those which have been fresh killed, dry picked, and not drawn. Singe, remove pinfeathers, head, and feet, and cut off wings close to body in small birds. Lay bird on a board, breast down.

Begin at neck and with sharp knife cut through the skin the entire length of body. Scrape the flesh from backbone until end of one shoulder blade is found; scrape flesh from shoulder blade and continue around wing joint, cutting through tendinous portions which are encountered; then bone other side. Scrape skin from backbone the entire length of body, working across the ribs. Free wishbone and collar bones, at same time removing crop and windpipe; continue down breast bone, particular care being taken not to break the skin as it lies very near bone, or to cut the delicate membranes which enclose entrails. Scrape flesh from second joints and drumsticks, laying it back and drawing off as a glove may be drawn from the hand. Withdraw carcass and put flesh back in its original shape. In large birds, where wings are boned, scrape flesh to middle joint, and break bone at that point, leaving bone at tip end to assist in preserving shape.

To Dress Birds for Broiling. Singe, wipe, and with a sharp-pointed knife, beginning at back of neck, make a cut through backbone the

entire length of bird. Lay open the bird and remove contents from inside. Cut out rib bones on either side of backbone, remove from breastbone, then cut through tendons at joints.

Broiled Chicken I

Dress for broiling, following directions given above. Sprinkle with salt and pepper and place in well-greased broiler. Broil 20 minutes over clear fire or in broiler of gas stove or electric range, watching carefully and turning broiler so that all parts may be equally browned. The flesh side must be exposed to the fire the greater part of time, as the skin side will brown quickly. Remove to hot platter, spread with soft butter, and sprinkle with salt and pepper.

Broiled Chicken II

Dress for broiling. Place in dripping pan, skin side down, sprinkle with salt and pepper, dot over with butter. Bake 15 minutes in hot oven (425° F.), then broil 5 to 7 minutes.

Broiled Guinea Chickens

Follow directions for Broiled Chickens I or II.

Planked Chicken

1 young chicken, split as for broiling
¼ cup butter
¼ tablespoon red pepper, finely chopped
¼ tablespoon green pepper, finely chopped
¼ tablespoon parsley, finely chopped
Duchess Potatoes (p. 365)
1 teaspoon onion, finely chopped
½ clove garlic, finely chopped
1 teaspoon lemon juice
8 mushroom caps, peeled and fried (sautéed) in butter

Cream butter, add pepper, parsley, onion, garlic, and lemon juice. Place chicken in baking pan, sprinkle with salt and pepper, dot over with butter, and bake in hot oven (400° F.) until nearly cooked. Butter plank (p. 15), arrange border of potatoes close to edge. Place chicken on plank. Spread with butter mixture, add mushrooms, and brown in hot oven (425° F.). Serve on plank.

Planked Boned Chicken

3-pound chicken, boned (p. 309)
2 tablespoons butter
Flour for dredging
Mashed sweet potatoes
Sliced mushroom caps, fried in butter
Hominy and Horse-radish Croquettes (p. 89)

Sprinkle chicken with salt and pepper, dredge with flour, and dot over with butter. Put in buttered pan and bake 45 to 50 minutes in hot oven (425° F.). Arrange border of potatoes on buttered plank, put chicken in center, and bake until potato is reheated and well-browned. Garnish with mushrooms and croquettes or as suggested for Planked Steak (p. 242).

Delmonico's Deviled Chicken

1 chicken, dressed for broiling
Salt, pepper
4 tablespoons butter
1 teaspoon vinegar
½ teaspoon paprika
¾ cup buttered, soft crumbs
1 teaspoon prepared mustard

Sprinkle chicken with salt and pepper. Broil in well-greased broiler 8 minutes. Cream butter, add mustard, ½ teaspoon salt, vinegar, and paprika, and spread on chicken. Sprinkle with crumbs and bake until chicken is tender and crumbs are brown.

Blanketed Chicken

2 broilers, split and cleaned
Salt, pepper
2 tablespoons finely chopped green pepper
1 tablespoon finely cut chives
8 thin slices bacon
4 tablespoons flour
1½ cups cream or half stock and half cream

Place broilers in pan, sprinkle with salt, pepper, green peppers, and chives. Cover with bacon and bake in hot oven (400° F.) until tender. Surround with sauce made of 3 tablespoons fat from pan, flour, and cream, seasoned with salt and pepper.

Smothered Chicken, Swedish Style

2 broilers, split
Salt, pepper
Flour for dredging
1½ cups heavy cream
1½ cups Chicken Stock (p. 154)

Sprinkle broilers inside and out with salt and pepper, dredge outside sparingly with flour, and fold over. Heat heavy kettle, pour in 1 cup

cream, add chickens. Cook until well browned, turning occasionally, adding more cream if necessary. Cover, cook until tender, and remove to hot platter. To 3 tablespoons fat remaining in kettle, add 3 tablespoons flour and stir until well blended; add slowly stock and remaining cream. Bring to boiling point, season, and strain.

Smothered Chickens, Sour Cream Sauce

2 broilers, split
Salt, pepper
½ cup butter
1 cup sour cream
Toast

Melt butter in heavy kettle, add broilers sprinkled with salt and pepper. Brown on all sides. Cover closely, reduce heat, and cook until tender (about 30 minutes). Remove broilers. Add cream to fat in pan; when hot, pour over pieces of toast. Arrange broilers on toast and garnish.

Breslin Potted Chicken

2 broilers, cleaned and trussed
2½ tablespoons melted butter
1 cup Chicken Stock (p. 154)
1 tablespoon butter
1 tablespoon flour
½ cup cooked potato balls
⅓ cup string beans, cooked or canned, cut in small pieces
⅓ cup cooked carrot, cut in fancy pieces
6 mushroom caps, fried in butter

Put broilers in casserole dish, brush over with melted butter, cover, and bake 20 minutes in moderately hot oven (375° F.). Add stock and cook until chicken is tender. Thicken gravy with butter and flour cooked together and add vegetables.

Fried Chicken

Cut chickens in pieces for serving and fry in pork fat or butter. Serve with Brown Gravy (p. 350).

Fried Chicken (Southern Style)

2 young chickens, cut in pieces for serving
Salt, pepper
1 pound fat salt pork, cut in pieces
2 cups White Sauce II (p. 344), made with half milk and half cream
Flour for dredging

Plunge chicken in cold water, drain, but do not wipe. Sprinkle with salt and pepper, coat as thickly as possible with flour. Try out

pork, add chicken, and cook until tender and well browned. Serve with White Sauce.

Maryland Chicken

2 young chickens, cut in pieces for serving
Salt, pepper
Flour
⅓ cup melted butter
1 egg, slightly beaten
Soft crumbs
2 cups White Sauce II made with cream (p. 344)

Sprinkle chicken with salt and pepper, dip in flour, then in egg diluted with 1 tablespoon water, and crumbs. Place in well-greased pan. Bake 35 to 60 minutes in hot oven (400° F.), basting after first 5 minutes with butter. Serve with White Sauce.

Chicken à la Stanley

6 tablespoons butter
1 large onion, thinly sliced
2 broilers, cut in pieces for serving
1 cup Chicken Stock (p 154)
1½ tablespoons flour
½ cup cream
Salt, pepper
2 bananas

Melt 4 tablespoons butter, add onion and broilers. Cover, cook slowly 10 minutes. Add stock and cook until meat is tender. Remove chickens, rub stock and onion through sieve. Thicken with remaining butter and flour cooked together. Add cream. Season with salt and pepper. Pour sauce around chicken, garnish with bananas cut in diagonal slices and fried (sautéed) in butter.

Knickerbocker Suprême of Chicken

Breast meat from 3 young chickens or guinea chickens
Salt, pepper
Heavy cream
Flour
Butter
Thin slices hot, broiled ham
Asparagus tips
1½ cups Suprême Sauce I or II (pp. 347, 348)

Trim meat into cutlet shape. Sprinkle with salt and pepper, dip in cream, roll in flour, and fry (sauté) in butter until delicately browned. Arrange in baking pan, dot over with 2 tablespoons butter, cover with buttered paper, and bake 10 minutes in moderately hot oven (375° F.) or until tender. Remove to cutlet-shaped pieces of ham, garnish top of each with 3 asparagus tips and surround with sauce.

Larded Breasts of Guinea Chicken

Breasts, wing joints attached
Salt, pepper
Fat salt pork for lardoons
Cream
Brown Nut Sauce (p. 349)
Potato Balls (p. 370)
Pastry boats, filled with
Asparagus, Mousselaine Sauce (p. 348)
Hot fried or broiled ham

Lard upper side of breasts, using 4 lardoons to each. Put in dripping pan, sprinkle with salt and pepper, dredge with flour, and brush over with cream. Bake in moderately hot oven (375° F.) 30 minutes, basting 3 times with fat in pan. Remove to slices of ham and serve with sauce. Put frills on bones and garnish with potato balls and pastry boats filled with asparagus.

Fillets of Chicken, Sauce Suprême

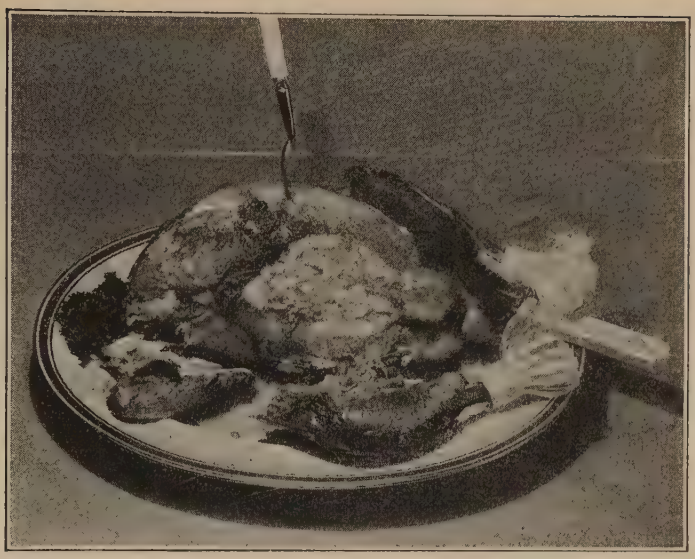
Fillets from 3 chickens
Truffle
Salt and pepper
12 peeled mushroom caps
½ cup Chicken Stock (p. 154)
Sauce Suprême I (p. 347)
Celery tips

Make pocket in each large fillet and stuff with forcemeat made of small fillets. Close pockets and fasten with 5 nail-shaped pieces of truffle, drawn through with a larding needle. Sprinkle with salt and pepper, put in small baking dish, brush over with cold water, add stock, cover with buttered paper, and bake 10 minutes in hot oven (425° F.). Cook mushroom caps in sauce 5 minutes and arrange, overlapping each other, down center of platter. Put 3 fillets on each side of platter, with chop frill on each wing bone. Garnish with celery tips and surround with sauce.

Chicken Forcemeat. Put mignon fillets through a food chopper; add half the quantity of stale bread crumbs cooked with milk until moisture has nearly evaporated. Cool and put through purée strainer; then add 1½ tablespoons melted butter, 1 egg yolk, 2 tablespoons cream, and salt and pepper to taste.

Roast Chicken

Dress, clean, stuff, and truss (pp. 306, 307) a chicken. Place on its back on rack in dripping pan, rub entire surface with salt, and spread breast and legs with 3 tablespoons butter, rubbed until creamy and mixed with 2 tablespoons flour. Dredge bottom of pan with flour.



KEEP FORK IN PLACE UNTIL BREAST MEAT IS SLICED

Place in hot oven (450° F.) and when flour is well browned, reduce heat to moderate (350° F.), then baste. Continue basting every 10 minutes until chicken is cooked. For basting, use ¼ cup butter, melted in ⅔ cup boiling water, and after this is gone, use fat in pan, and when necessary to prevent flour burning, add 1 cup boiling water. During cooking, turn chicken frequently, that it may brown evenly. If a thick crust is desired, dredge bird with flour 2 or 3 times during cooking. If a glazed surface is preferred, spread bird with butter, omitting flour, and do not dredge during baking. When breast meat is tender, bird is sufficiently cooked. A 4-pound chicken requires about 2 hours.

For stuffing, use Savory Stuffing (p. 332), Stuffing with Eggs (p. 333), Celery Stuffing I or II (pp. 333, 334), or Mushroom Stuffing II or III (p. 335).

Chicken Gravy

Pour off liquid in pan in which chicken has been roasted. From liquid skim off 4 tablespoons fat; return fat to pan and brown with 4 tablespoons flour; add 2 cups stock in which giblets, neck, and tips of

wings have been cooked. Cook 5 minutes, season with salt and pepper, then strain. The remaining fat may be used, in place of butter, for frying potatoes, or for basting when roasting another chicken.

Giblet Gravy

Add to Chicken Gravy, giblets (heart, liver, and gizzard), finely chopped.

Baked Chicken

3-pound chicken, cut in pieces for serving
Salt, pepper
Flour for dredging
¼ cup butter
½ cup Chicken Stock (p. 154)
½ cup cream

Place chicken in pan, sprinkle with salt and pepper, dredge with flour, dot over with 2 tablespoons butter. Bake 30 minutes in hot oven (400° F.), basting every 5 minutes with remaining butter melted in ⅛ cup boiling water. Make gravy of 2 tablespoons fat in pan, 2 tablespoons flour, stock, and cream. Season to taste.

Braised Chicken

4-pound fowl, cleaned and trussed
2 slices fat salt pork, ¼ inch thick
5 slices carrot, cubed
½ onion, sliced
2 sprigs thyme
1 sprig parsley
1 bay leaf
2 tablespoons butter
2 cups boiling water or Chicken Stock (p. 154)

Try out pork. Strain fat, add carrot, onion, parsley, and bay leaf. Cook 10 minutes. Add butter and fowl. Cook until surface is well browned, turning often. Place on trivet in deep pan, pour over fat, add water or stock. Cover and bake in slow oven (325° F.) until tender, basting often and adding more water as needed. Strain stock, remove fat, and use for sauce or gravy.

Boiled Fowl, Capon, or Chicken

Dress, clean, and truss fowl (pp. 306, 307). Tie in cheesecloth, place on trivet in kettle, and add boiling water to half cover fowl. Cook slowly, covered, until tender, turning occasionally. Add salt the last hour of cooking. Serve with Egg (p. 347), Oyster (p. 355), Celery (p. 345), or Cauliflower (p. 344) Sauce. It is not desirable to stuff a boiled fowl. The cooked fowl may be used in any recipe calling for

cooked chicken. The water in which fowl is cooked is known as Chicken Stock (p. 154).

Chicken à la Providence

1 boiled chicken
2 tablespoons butter
2 tablespoons flour
½ tablespoon chopped parsley
½ cup cooked carrot, cut in fancy shapes
½ cup cooked peas
1 teaspoon lemon juice
2 egg yolks
Salt
Pepper

Reduce liquor in which chicken was cooked to 2 cups and add to butter and flour cooked together. Add carrot, peas, lemon juice, egg yolks, salt, and pepper. Place chicken on hot platter, surround with sauce, and sprinkle with parsley.

Chicken Stew (Chicken Fricassee I)

4-pound fowl, cut in pieces for serving
Boiling water
½ tablespoon salt
⅛ teaspoon pepper
⅓ cup flour
Dumplings (p. 338)

Cover fowl with boiling water, cook slowly until tender, adding salt and pepper when fowl is half-cooked. Thicken stock with flour diluted with enough cold water to pour easily. Add butter, if a richer sauce is desired. Serve with Dumplings.

Chicken Fricassee II

4-pound fowl, cut in pieces for serving, leaving breasts whole
Salt, pepper
Flour for dredging
Butter or pork fat
4 tablespoons flour

Cover fowl with boiling water, cook slowly until tender (1 to 1½ hours), adding 2 teaspoons salt when half done. Remove from water, sprinkle with salt and pepper, dredge with flour and fry (sauté) in butter or pork fat. Reduce stock in pan to 2 cups. Melt butter, add flour, stir until well-blended, add stock gradually. Bring to boiling point and season. Arrange chicken on pieces of dry toast placed on a hot platter, having wings and second joints opposite each other, breast in center of platter, and drumsticks crossed just below second joints. Surround with sauce.

If chickens are used, fry (sauté) without previous cooking and simmer 15 to 20 minutes in sauce.

One-half cup cream may be added to sauce. Butter and flour may be browned for sauce.

Mushrooms, sliced or small caps, sliced onion, cooked rice, or any Tomato Sauce may be added for variety.

Chicken à la Merango

Dress, clean, and cut up a chicken. Sprinkle with salt and pepper, dredge with flour, and fry (sauté) in salt pork fat. Put in a stewpan, cover with sauce, and cook slowly until chicken is tender. Add ½ can mushrooms cut in quarters and cook 5 minutes. Arrange chicken on serving dish and pour around sauce; garnish with parsley.

Sauce

¼ cup butter
1 tablespoon finely chopped onion
1 slice carrot, cut in cubes
1 slice turnip, cut in cubes
¼ cup flour
2 cups boiling water
½ cup stewed and strained tomato
1 teaspoon salt
⅛ teaspoon pepper
Few grains cayenne

Cook butter 5 minutes with vegetables. Add flour, with salt, pepper, and cayenne, and cook until flour is well browned. Add gradually water and tomato; cook 5 minutes, then strain.

Chicken Stew with Onions

2 chickens, cut in pieces for serving
18 tiny young onions
3 tablespoons butter
4 tablespoons flour
½ cup heavy cream
3 egg yolks
Salt
Pepper
Lemon juice

Cook chickens and onions in small quantity of water. When chicken is tender, remove to serving dish. When onions are soft, drain from stock and reduce stock to 1½ cups. Melt butter, add flour, and very slowly, stock and cream. Add egg yolks, salt, pepper, and lemon juice to taste. Pour sauce over chicken and onions.

Chicken Gumbo

3-pound chicken, cut in pieces for serving
Salt, pepper
Flour for dredging
Pork fat for frying
½ onion, finely chopped
Sprig parsley
4 cups sliced okra, cooked or canned
¼ red pepper, finely chopped, or 1 pimiento
1½ cups tomato
3 cups boiling water
1 cup boiled rice

Sprinkle chicken with salt and pepper, dredge with flour. Fry (sauté) in pork fat. Remove chicken. Fry onion in fat remaining in pan, add okra, parsley, or pimiento, and red pepper, and cook slowly 15 minutes. Add to chicken with tomato, water, and 1½ teaspoons salt. Cook slowly until chicken is tender and add rice.

Chicken Curry

3-pound chicken, cut in pieces for serving
⅓ cup butter
2 onions, sliced
1 tablespoon curry powder
2 teaspoons salt
1 teaspoon vinegar
Boiled rice (p. 85) or Turkish Pilaf II (p. 87)

Melt butter in hot frying pan, add chicken, cook 10 minutes. Add liver and gizzard and cook 10 minutes longer. Add onion, curry, salt, and vinegar. Add boiling water to cover. Simmer until chicken is tender. Remove chicken, strain liquor, measure, and thicken with 1 tablespoon flour to each cup, mixed with enough cold water to pour easily. Pour over chicken, serve with border of rice or Turkish Pilaf.

Mexican Chicken

2 young chickens, cut in pieces for serving
1 teaspoon salt
Pepper
6 tablespoons butter
8 canned pimientos, rubbed through sieve
1 onion, finely chopped
2 cloves garlic, finely chopped
3 tablespoons flour

Season chickens with salt and pepper. Fry (sauté) in 3 tablespoons butter. Add 1 teaspoon salt, onion, garlic, pimientos, and boiling water to cover. Cook until chicken is tender. Remove to serving dish and thicken sauce with remaining butter and flour cooked together.

Chicken Pie

Chicken Stew (p. 317) Plain or Puff Paste (pp. 605, 602)

Place small cup in center of baking dish, arrange around it pieces of stewed chicken, removing some of larger bones. Pour on gravy and cool. Cover with pastry, in which several incisions have been made for outlet of steam and gases. Wet edge and put around a rim of paste, close to edge. Bake 10 minutes in hot oven (450° F.) or until crust is well risen and slightly browned; then reduce heat to moderate (350° F.) and finish baking. Roll remnants of pastry and cut in diamond-shaped pieces, bake, and serve separately or when pie is reheated. If Puff Paste is used, bake top separately.

Chicken Pie, Country Style

Follow recipe for Chicken Pie, but cover with Baking-Powder Biscuit mixture (p. 59), ½ inch thick for crust. Cut a 2-inch round from center of crust.

Or roll biscuit mixture ½ inch thick and cut out small round biscuits. Place close together to cover pie.

Bake in hot oven (450° F.).

Chicken en Casserole I

2 small young chickens, cut in pieces for serving
Salt, pepper
Melted butter
⅓ cup carrots, cut in strips
1 tablespoon finely chopped onion
4 thin slices bacon, cut in narrow strips
1⅓ cups Brown Sauce (p. 350)
⅔ cup potato balls

Season chicken with salt and pepper, brush over with butter. Bake 12 minutes in casserole. Parboil carrots 5 minutes, drain, fry with onion and bacon. Add sauce and potato balls. Add to chicken and season to taste. Bake 20 minutes in moderately hot oven (375° F.) or until chicken is tender.

Chicken en Casserole II

Young, tender fowl, cut in pieces for serving
⅓ cup butter
Salt, pepper
1 cup boiling water
1 cup cream
2 cups mushroom caps, broken in pieces
1 tablespoon flour

Spread fowl with butter, put in casserole, sprinkle with salt and pepper. Pour over water, cover, and cook in moderately hot oven (375° F.) until tender (about 1 hour). Add cream and mushrooms.

Cook 10 minutes. Thicken gravy with flour mixed with 2 tablespoons cold water.

Roast Duck (Domestic)

Dress, clean, and truss (pp. 306–308). Sprinkle with salt and pepper. Place on rack in roasting pan; bake in hot oven (450° F.) 12 to 15 minutes to the pound. Baste every 5 minutes with fat in pan or orange juice. Serve with Orange or Olive Sauce (p. 351) and currant jelly.

Since ducks have a strong flavor, they are sometimes stuffed with apples, pared, cored, and cut in quarters, or 3 small onions. Remove before serving. Ducks may be steamed 1½ hours before roasting, if very fat.

Or Stuff with Apple Stuffing (p. 333), Peanut Stuffing (p. 336), or Onion Stuffing (p. 335). Allow 1½ to 2 cups stuffing.

Roast Duck (Wild)

Dress, clean, stuff with sliced apple or onion, and truss. Sprinkle with salt and pepper, cover breast with 2 very thin slices fat salt pork. Bake 20 to 30 minutes in very hot oven (450° F.) basting every 5 minutes with fat in pan. Remove apple or onion. Wild duck should be served very rare.

Ducklings

Broil or Plank small ducklings like Broiled Chicken (p. 310) or Planked Chicken (p. 310). Roast like Roast Duck (about 30 minutes).

Roast Goose

Singe, remove pinfeathers, wash, and scrub; then draw (which is removing inside contents). Wash in cold water and wipe. Stuff, truss, sprinkle with salt and pepper, and lay 6 thin strips fat salt pork over breast. Place on rack in dripping pan, put in hot oven (400° F.), and bake 2 hours. Baste every 15 minutes with fat in pan. Remove pork last half-hour of cooking. Place on platter, remove string and skewers. Garnish with watercress and bright red cranberries. Serve with Apple Sauce or Fried Apple Rings (p. 339). Allow about 2 cups stuffing for a 4-pound goose, using Savory Stuffing (p. 332), Apple Stuffing (p. 333), or Apple and Prune Stuffing I or II (p. 333).

Roast Goose (Wild)

Roast like Roast Duck (Wild).

Larded Grouse

Clean, remove pinions and, if tough, the skin covering breast. Lard breast and insert 2 lardoons in each leg. Truss and bake like Roast Quail (p. 324), allowing 20 to 25 minutes.

Breast of Grouse, Sauté Chasseur

2 grouse
Butter
Salt, pepper
1 stalk celery
3 slices carrot
2 slices onion
2 sprigs parsley
Bit of bay leaf
4½ tablespoons flour
¾ cup stewed and strained tomatoes
Salt, cayenne
Lemon juice
1 teaspoon finely chopped parsley
½ cup canned mushrooms, cut in slices

Remove breast from grouse and fry (sauté) in butter. When partially cooked, season with salt and pepper. Break grouse in pieces, cover with cold water, add carrot, celery, onion, parsley, and bay leaf, and cook until stock is reduced to ¾ cup. Make sauce of 3 tablespoons butter, flour, stock from grouse, and tomatoes; season with salt, cayenne, and lemon juice to taste and add chopped parsley and mushrooms. Arrange grouse on serving dish and surround with sauce.

Larded Stuffed English Partridge

3 birds
Fat salt pork for larding
3 tablespoons melted butter
½ cup Brown Stock (p. 144)
Toast
Watercress
Cold Orange Sauce (p. 360)

Clean, stuff, lard, and truss birds. Put in casserole and add ⅓ cup trimmings from pork cut in small pieces. Put in moderately hot oven (375° F.) and cook uncovered 15 minutes, basting 3 times with butter. Pour over stock, cover, and cook 25 minutes, reducing heat to moderately slow (325° F.). Serve on toast, garnish with watercress and serve with Cold Orange Sauce.

Roast Pheasant

Put a piece of fat bacon over the breast, tie with a string, place on baking pan and bake 30–40 minutes, basting frequently while cooking.

Serve on a buttered slice of toast, garnish with watercress and with it serve Bread Sauce (p. 346), browned bread crumbs, and gravy. Remove bacon before serving.

Potted Pigeons

6 pigeons
1 quart boiling water in which celery has been cooked
Salt, pepper
Flour
Pork fat
¼ cup butter
¼ cup flour
Dry toast
Parsley

Clean, stuff, and truss pigeons, place upright in stewpan, and add water. Cover and cook slowly 3 hours or until tender; or cook in slow oven (300° F.) in covered baking dish. Remove from water, cool slightly, sprinkle with salt and pepper, dredge with flour, and brown entire surface in pork fat. Make a sauce with butter and flour cooked together and stock remaining in pan; there should be 2 cups. Place each bird on slice of toast and pour gravy over all. Garnish with parsley.

Pigeon Pie

6 pigeons
Salt pork fat
½ teaspoon peppercorns
1 onion stuck with 8 cloves
8 slices carrot
2 sprigs parsley
2 stalks celery
4 tablespoons butter
3 tablespoons flour
Vol-au-Vent (p. 604)

Dress, clean, and truss pigeons and fry (sauté) in fat, until entire surface is seared, turning frequently. Put in kettle, nearly cover with boiling water, and add peppercorns, onion, carrot, parsley, and celery, and simmer 3 hours or until tender. Remove pigeons, strain liquor, and thicken with butter and flour cooked together. Reheat pigeons in sauce, arrange in vol-au-vent, and cover with pastry top.

Roast Pigeons

Clean, stuff, and truss. Roast 45 minutes or until tender in hot oven (400° F.), basting frequently.

Plover

Broil or roast like quail.

Broiled Quail

Follow recipe for Broiled Chicken (p. 310), allowing 8 minutes. Serve on toast. Garnish with parsley and lemon. Serve with currant jelly or Rice Croquettes with Jelly (p. 89).

Roast Quail

Dress, clean, lard, and truss. Place on rack in small shallow pan. Rub with salt, brush over with melted butter, dredge with flour, and surround with trimmings of fat salt pork. Bake 15 to 20 minutes in hot oven (400° F.), basting 3 times. Remove string and skewers, pour around Bread Sauce (p. 346), and sprinkle with coarse, browned bread crumbs.

Braised Quail

Follow recipe for Braised Chicken (p. 316), allowing about 30 minutes for cooking.

Birds on Canapés

5 birds (quail or squab)
Salt, pepper
Butter
3 tablespoons flour
6 boiled chickens' livers
Onion juice
1 teaspoon finely chopped parsley
5 pieces toast

Split birds, season with salt and pepper, and spread with 4 tablespoons butter, rubbed until creamy and mixed with flour. Bake in hot oven (425° F.) until well browned, basting every 4 minutes with 2 tablespoons butter, melted in ¼ cup water. Chop livers, season with salt, pepper, and onion juice, moisten with melted butter, and add parsley. Spread mixture on toast, arrange a bird on each canapé, and garnish with parsley.

Breast of Quail, Lucullus

6 quails
2 cups Brown Stock I or II (pp. 144, 145)

Remove breast with bone, lard, and bake 20 minutes in hot oven (400° F.), basting every 5 minutes with stock to give glazed appearance. Serve with brown sauce made of remaining stock seasoned with tomato catsup and a bit of mashed sweet potato.

Quail Pies

6 quails
6 slices carrot
Stalk of celery
2 slices onion
Sprig of parsley
Bit of bay leaf
¼ teaspoon peppercorns
Flour
Salt and pepper
Lemon juice or cooking sherry

Remove breasts and legs from birds, season with salt and pepper, dredge with flour, and fry (sauté) in butter. To butter in pan add vegetables and peppercorns and cook 5 minutes. Separate backs of birds in pieces, cover with cold water, add vegetables, and cook slowly 1 hour. Drain stock from vegetables and thicken with flour diluted with enough cold water to pour easily. Season with salt, pepper, lemon juice, and sherry. If not rich enough, add more butter. Allow 1 bird to each individual dish, sauce to make sufficiently moist, and cover with plain or puff paste, in which make 2 incisions, through which the legs of the bird should extend. Bake like Chicken Pie (p. 319).

Roast Stuffed Jumbo Squabs

Clean, stuff with Mushroom Stuffing I (p. 334), and truss. Season with salt and pepper, brush over with melted butter, and bake about 45 minutes in hot oven (400° F.). Baste every 6 minutes with ⅓ cup butter melted in ⅔ cup boiling water.

Squabs en Casserole

3 jumbo squabs
Butter
½ cup Chicken Stock I (p. 154)
1 bunch cooked asparagus
5 Bermuda onions, sliced, broiled, or fried
1 cup boiled potato balls

Dress, clean, and truss squabs. Put in casserole, brush over with melted butter, cover, and bake 10 minutes in moderately hot oven (375° F.). Add stock, again cover, and cook until squabs are tender, reducing heat (325° F.). Add vegetables. Serve in casserole.

Roast Turkey

Dress, clean, stuff, and truss (pp. 306–308). Place on its side on rack in dripping pan, rub entire surface with salt, and spread breast, legs, and wings with ⅓ cup butter, rubbed until creamy and

mixed with ¼ cup flour. Dredge bottom of pan with flour. Place in hot oven (450° F.). When flour on turkey begins to brown, reduce heat (350° F.) and baste every 15 minutes until turkey is cooked (about 3 hours). For basting, use ½ cup butter melted in ½ cup boiling water and after this is used, baste with fat in pan. Pour water in pan during the cooking, as needed to prevent flour from burning. During cooking, turn turkey frequently, that it may brown evenly. If turkey is browning too fast, cover with buttered paper to prevent burning. Remove string and skewers before serving. Garnish with parsley, or celery tips, or curled celery, or rings and discs of carrots strung on fine wire. Allow 8 cups stuffing for a 10-pound turkey. Use any of following:

New England Stuffing (p. 332)
Giblet Stuffing (p. 334)
Raisin and Nut Stuffing (p. 336)
Celery Stuffing I or II (pp. 333, 334)
Oyster Stuffing (p. 335)
Sausage and Chestnut Stuffing I or II (pp. 336, 337)
Potato Stuffing I or II (p. 336)
Apple and Prune Stuffing I or II (p. 333)
Chestnut Stuffing (p. 334)

Turkey Gravy

6 tablespoons fat from roasting pan
6 tablespoons flour
3 cups stock (water in which giblets, neck, and wing tips have been cooked)
Salt, pepper

Brown fat with flour. Pour on gradually stock or liquor left in pan. Cook 5 minutes, season with salt and pepper; strain.

Turkey Giblet Gravy

Add to Turkey Gravy the giblets, finely chopped.

Chestnut Gravy

To 2 cups Turkey Gravy add ¾ cup cooked and mashed chestnuts (p. 390). Thin with stock or hot water if too thick.

Boiled Turkey

Follow directions for Boiled Fowl (p. 316). Serve with Oyster (p. 355) or Celery Sauce (p. 345).

To Cut Up Belgian Hare or Rabbit

Cut body in six pieces, legs in two.

Belgian Hare à la Maryland

Follow directions for Maryland Chicken (p. 313). Bake 40 minutes, basting with bacon fat in place of butter.

Belgian Hare, Sour Cream Sauce

1 hare, cleaned and split
Fat salt pork for larding
8 slices carrot, cut in small pieces
½ small onion
2 tablespoons bacon fat
1 cup Brown Stock I or II (pp. 144, 145)
1 cup heavy cream
Juice 1 lemon
2 tablespoons flour
2 tablespoons butter
Salt, pepper

Lard hind legs and back, season with salt and pepper. Cook carrot and onion in bacon fat 5 minutes. Add stock, and pour around hare in pan. Bake 45 minutes in hot oven (400° F.), basting often. Add cream and lemon juice. Cook 15 minutes longer and baste every 5 minutes. Remove to serving dish, strain sauce, thicken with butter and flour cooked together, season with salt and pepper, and pour it around hare.

Rabbit à la Southern

2 rabbits, cut in pieces for serving
3 pints cold water
½ pound bacon, cut in pieces
1 cup milk
Parsley

Add 1½ tablespoons salt to cold water. Pour over rabbit and let stand 3 hours. Drain, wipe, sprinkle with salt and pepper, and roll in flour. Try out bacon; there should be ⅔ cup fat. Put in heavy frying pan, add rabbit, cover, and cook slowly 1½ hours, turning frequently. Pour over milk and cook 30 minutes. Remove to serving dish and garnish with parsley.

Broiled Venison Steak

Follow recipe for Broiled Steak (p. 240). Serve with Maître d'Hôtel Butter (p. 358) or Chestnut Sauce (p. 350).

Venison Cutlets

Clean and trim slices of venison cut from loin. Sprinkle with salt and pepper, brush over with melted butter or olive oil, and roll in soft stale bread crumbs. Place in broiler and broil 5 minutes or fry (sauté) in butter. Serve with Currant Jelly Sauce (p. 350).

Roast Leg of Venison

Prepare and cook like Roast Lamb (p. 264), allowing less time that it may be cooked rare.

Saddle of Venison

Clean and lard a saddle of venison. Cook like Saddle of Lamb or Mutton (p. 265). Serve with Currant Jelly Sauce (p. 350).

MADE-OVER DISHES USING POULTRY AND GAME

Creamed Chicken

2 cups cooked chicken, diced or cut in strips
2 cups White Sauce II (p. 344)
⅛ teaspoon celery salt

Heat chicken in sauce, seasoned with celery salt. Let stand in double boiler 30 minutes. If desired, add ¼ cup mushroom caps fried (sautéed) in butter. 1 cup cooked celery thinly sliced may be substituted for 1 cup chicken.

If desired, serve in border of Duchess Potatoes (p. 365), in Mashed Potato Baskets (p. 487), Croustâdes (p. 487), Patty Shells (p. 603), or on toast.

Chicken and Oysters à la Metropole

2 cups White Sauce II (p. 344)
2 cups cooked chicken, diced
1 pint oysters, cleaned and drained
⅓ cup finely chopped celery

Add chicken and oysters to sauce. Cook until oysters are plump. Serve sprinkled with celery.

Luncheon Chicken

1½ cups cooked chicken, diced
Velouté Sauce I (p. 347)
Onion salt
⅔ cup buttered cracker crumbs
4 eggs

Season sauce with onion salt. Add chicken. Turn on slightly buttered baking platter and sprinkle with cracker crumbs. Make 4 nests and in each nest slip an egg; cover eggs with crumbs and bake in moderate oven (350° F.) until egg whites are firm.

Blanquette of Chicken

2 cups cooked chicken, cut in strips
1 cup White Sauce II (p. 344)
1 tablespoon finely chopped parsley
2 egg yolks, slightly beaten
2 tablespoons milk

Add chicken to sauce; when well heated, add egg yolks diluted with milk. Cook 2 minutes, then add parsley.

Chicken à la Cadillac

¾ cup cooked chicken, diced
1 cup White Sauce II (p. 344)
¼ cup cooked ham, diced
Cooked asparagus stalks

Heat chicken and ham in sauce. Put in individual casserole dishes. Arrange short stalks of hot, buttered asparagus on each dish.

Deviled Bones

2 tablespoons butter
1 tablespoon Chili Sauce
1 tablespoon Worcestershire Sauce
1 tablespoon Walnut Catsup
1 teaspoon made mustard
Few grains cayenne
Drumsticks, second joints, and wings of a cooked chicken
Salt and pepper
Flour
1 cup Chicken Stock (p. 154)
Finely chopped parsley

Melt butter and add Chili Sauce, Worcestershire Sauce, Walnut Catsup, mustard, and cayenne. Cut 4 small gashes in each piece of chicken. Sprinkle with salt and pepper, dredge with flour, and cook in seasoned butter until well browned. Pour on stock, simmer 5 minutes, and sprinkle with chopped parsley.

Scalloped Chicken I

Butter a baking dish. Arrange alternate layers of sliced, cooked chicken and boiled macaroni or rice. Pour over White (p. 344), Brown (p. 350), or Tomato (p. 352) Sauce, cover with buttered crumbs, and bake in hot oven (400° F.) until crumbs are brown.

Scalloped Chicken II

Prepare and cook like Scalloped Eggs (p. 105).

Mock Terrapin

1½ cups cooked chicken, diced
1 cup White Sauce I (p. 343)
Few grains cayenne
Whites 2 hard-cooked eggs, chopped
Yolks 2 hard-cooked eggs, finely chopped

Add to sauce the chicken, yolks and whites of eggs, salt, and cayenne; cook 2 minutes. If desired, flavor with cooking sherry.

Chicken Soufflé

2 cups White Sauce I (p. 343)
2 cups cooked chicken, finely chopped
3 egg yolks, well beaten
1 tablespoon finely chopped parsley
3 egg whites, beaten stiff
½ cup stale soft bread crumbs

Add bread crumbs to sauce and cook 2 minutes; remove from fire, add chicken, egg yolks, and parsley, then fold in egg whites. Turn into a buttered baking dish and bake 35 minutes in slow oven (325° F.).

Chicken Hollandaise

1½ tablespoons butter
1 teaspoon finely chopped onion
2 tablespoons cornstarch
1 cup Chicken Stock (p. 154)
1 teaspoon lemon juice
⅓ cup finely chopped celery
¼ teaspoon salt
Few grains paprika
1 cup cooked chicken, cubed
1 egg yolk, slightly beaten

Cook butter and onion 5 minutes, add cornstarch and stock gradually. Add lemon juice, celery, salt, paprika, and chicken; when well heated, add egg yolk and cook 1 minute. Serve with buttered Graham toast.

Chicken Chartreuse

Prepare and cook same as Casserole of Rice and Lamb (p. 271), using chicken in place of lamb. Season chicken with salt, pepper, celery salt, onion juice, and ½ teaspoon finely chopped parsley.

Chicken or Turkey Cakes

1 cup chopped, cooked chicken or turkey
1 tablespoon cream
1 egg, slightly beaten
¼ teaspoon salt
Few grains pepper
1 cup White Sauce II (p. 344)
⅓ cup celery, finely cut

Add cream, egg, salt, and pepper to chicken. Shape in small flat cakes, dip in egg and crumbs, and fry (sauté) in butter until well-

browned on both sides. Add celery to sauce and pour over cakes just before serving.

Scalloped Turkey

1½ cups cooked turkey, cut in small pieces
Seasoned cracker crumbs
Buttered cracker crumbs
1 cup turkey gravy

Sprinkle bottom of buttered baking dish with seasoned cracker crumbs, add turkey meat, pour on sauce, and sprinkle with buttered cracker crumbs. Bake in hot oven (400° F.) until crumbs are brown. Turkey, chicken, or veal may be used separately or in combination.

Minced Turkey

1 cup cooked turkey, diced
Onion juice
⅓ cup soft, stale bread crumbs
1 cup turkey gravy

Season gravy with onion juice. Add turkey and crumbs. Heat and serve on toast and garnish with toast points.

Turkey Tetrazzini

1 cup White Sauce II (p. 344), made with cream
1 cup cooked turkey, cut in thin strips
½ cup cooked spaghetti, cut in ½-inch pieces
½ cup mushroom caps, sliced and fried (sautéed) in butter
⅓ cup grated Parmesan cheese
¾ cup buttered cracker crumbs

Season sauce with celery salt. Bring to boiling point and add turkey, spaghetti, and mushrooms. Fill buttered ramekin dishes with mixture, sprinkle with cheese and crumbs, and bake in hot oven (425° F.) until crumbs are brown.

Salmi of Duck

Cut cold roast duck in pieces for serving. Reheat in Spanish Sauce (p. 352).

For additional recipes see Chapter 31, "Hot and Cold Entrées."

CHAPTER 24

STUFFINGS, GARNISHES, AND ACCOMPANIMENTS FOR FISH, MEAT, AND POULTRY

To Make Stuffing. Mix ingredients lightly with fork. Season to taste.

Plain Stuffing

½ cup cracker crumbs
½ cup stale bread crumbs
¼ cup melted butter
¼ teaspoon salt
⅛ teaspoon pepper
Few drops onion juice
½ cup hot water

Cracker Stuffing I

1 cup cracker crumbs
¼ cup melted butter
¼ teaspoon salt
⅛ teaspoon pepper
½ teaspoon poultry seasoning
¼ cup boiling water

Cracker Stuffing II (dry, crumbly)

1 cup cracker crumbs
¼ cup melted butter
¼ teaspoon salt
⅛ teaspoon pepper
Few drops onion juice
1 teaspoon capers
1 teaspoon finely chopped parsley
1 teaspoon finely chopped pickles

Savory Stuffing

2 cups cracker crumbs
2 cups soft bread crumbs
Salt, pepper
½ to 1 cup butter melted in
1 cup boiling water
Powdered sage or poultry seasoning

New England Stuffing

12 slices bread, ½ inch thick
Stock or water to moisten
2-inch cube fat salt pork, finely chopped
1 egg, well beaten
Salt
Pepper
Sage or poultry seasoning

Remove crusts from bread. Toast. Chop, moisten with stock. Add pork, egg, and seasonings.

Stuffing with Eggs

2 cups cracker crumbs
2 cups soft bread crumbs
½ cup melted butter
Salt
Pepper
Poultry seasoning
2 cups scalded milk
2 eggs, slightly beaten

Apple Stuffing

¼ cup diced salt pork
½ cup chopped celery
½ cup chopped onion
1 cup fine dry bread crumbs
¼ cup chopped parsley
5 tart apples, diced
½ cup sugar
Salt and pepper

Fry pork until crisp, remove pieces. Cook celery, onion, and parsley in fat 3 minutes and remove. Put apples in fat, sprinkle with sugar, cover, and cook slowly until tender. Uncover and cook until glazed. Add crumbs, salt pork scraps and cooked vegetables, and season.

Apple and Prune Stuffing I

Use equal amounts of whole prunes and sliced apple rings. Let prunes stand 5 minutes in boiling water. Fill bird ¾ full, as fruit will swell.

Apple and Prune Stuffing II

1 large apple, peeled, cored, and sliced
2 tablespoons cracker crumbs
⅛ teaspoon salt
½ pound prunes
2 tablespoons seeded raisins
¼ teaspoon sugar
½ egg, beaten

Pour boiling water over prunes and raisins. Let stand 5 minutes. Remove prune stones. Add crumbs, seasonings, and egg. Add apples.

Celery Stuffing I

3½ cups dry bread
1 cup boiling water
1 tablespoon poultry seasoning
1½ teaspoons salt
¼ teaspoon pepper
¾ cup finely cut celery
½ cup melted butter

Pour water over bread and let stand 20 minutes. Squeeze out all the water possible. Add remaining ingredients and mix thoroughly.

Celery Stuffing II

1 cup fine, dry bread crumbs
¼ cup chopped celery
1 tablespoon butter
1 tablespoon minced onion
1 tablespoon parsley
⅛ teaspoon savory seasoning
⅛ teaspoon celery seed
¼ teaspoon salt
Few grains pepper

Cook celery, onion, and parsley in butter 3 minutes. Add other ingredients.

Chestnut Stuffing

3 cups boiled French chestnuts (p. 390)
½ cup butter
1 cup cracker crumbs
¼ cup cream
Salt, pepper

Force chestnuts through ricer. Add half the butter and cream. Season. Melt remaining butter mix with crumbs. Combine mixtures.

Giblet Stuffing (Fall River)

Giblets
16 common crackers
½ cup butter
Salt and pepper
Summer savory, sage, or marjoram

Cover giblets with 1 quart cold water. Bring slowly to boiling point. Simmer until tender, removing liver as soon as tender. Split crackers and spread with butter. Pour over 2¾ cups stock in which giblets were cooked. When stock is absorbed, add chopped giblets and season.

Mint or Watercress Stuffing

3 cups fine, dry bread crumbs
½ cup fresh mint leaves or
1½ cups finely cut watercress
6 tablespoons butter
3 tablespoons chopped celery
1½ tablespoons chopped onion
¾ teaspoon salt
⅛ teaspoon pepper

Cook onion and celery 2 minutes in 3 tablespoons butter. Add mint or cress and seasonings. Cook until water evaporates. Add 3 tablespoons melted butter to crumbs and combine ingredients.

Mushroom Stuffing I

½ cup bread crumbs
3 tablespoons melted butter
⅓ cup mushrooms, cut in pieces
Salt and pepper

Mushroom Stuffing II

6 slices bread, ½ inch thick
Stock or water to moisten
2-inch cube fat salt pork, finely chopped
1 hard-cooked egg, chopped
¼ pound mushrooms, sliced and fried (sautéed) in butter
Salt and pepper

Mushroom Stuffing III

¾ cup finely chopped mushrooms, fried in butter
Few drops onion juice
1 cup stale bread crumbs
¾ teaspoon salt
⅛ teaspoon celery salt
⅛ teaspoon pepper
Few grains cayenne
Few grains nutmeg
½ tablespoon chopped parsley
½ teaspoon chopped chives
2 tablespoons melted butter
½ cup stock or water

Onion Stuffing

6 onions, peeled
2 teaspoons poultry seasoning
Salt and pepper
3 cups soft, stale bread crumbs
½ cup soft butter
1 egg, slightly beaten

Parboil onions in boiling water 10 minutes. Add poultry seasoning and cook 2 minutes longer. Drain off water, finely chop onions, add to crumbs with butter and egg. Season to taste.

Oyster Stuffing I

1½ cups stale bread crumbs
1½ cups cracker crumbs
½ cup melted butter
1 pint oysters, washed
¼ cup oyster liquor
2½ teaspoons salt
½ teaspoon pepper
¼ teaspoon mace

Mix crumbs. Add melted butter, oysters with tough muscle removed, oyster liquor, and seasonings.

Oyster Stuffing II

1 cup cracker crumbs
¼ cup melted butter
½ teaspoon salt
⅛ teaspoon pepper
1½ teaspoons lemon juice
1½ tablespoons finely chopped parsley
1 cup oysters, cleaned

Add seasonings and butter to cracker crumbs. Add oysters, tough muscles removed. Moisten with 2 tablespoons oyster liquor.

Peanut Stuffing

¾ cup cracker crumbs
½ cup shelled peanuts, finely chopped
½ cup heavy cream
2 tablespoons butter
Few drops onion juice
Salt and pepper
Cayenne

Potato Stuffing I

2 cups hot mashed potato
2 cups cracker crumbs
⅓ cup melted butter
⅓ cup sausage fat
½ cup giblets, cooked and finely chopped
Hot water to moisten
Salt, pepper, and sage

Potato Stuffing II

2 cups hot mashed potato
1¼ cups soft, stale bread crumbs
⅓ cup melted butter
1 egg
1½ teaspoons salt
1 teaspoon sage
¼ cup finely chopped fat salt pork
1 onion, finely chopped

Potato Stuffing III

1 cup hot riced potatoes
¼ teaspoon salt
⅛ teaspoon pepper
¼ teaspoon marjoram or summer savory
1 tablespoon butter
¼ cup soft, stale bread crumbs soaked in water and wrung in cheesecloth
1 egg yolk
Few drops onion juice

Raisin and Nut Stuffing (Swedish)

2 cups stale bread crumbs
⅔ cup melted butter
½ cup seeded raisins, cut in pieces
1 teaspoon salt
⅛ teaspoon pepper
½ teaspoon sage
½ cup English walnut meats, broken in pieces

Sausage and Chestnut Stuffing I

1 small onion, finely chopped
2 tablespoons butter
½ pound sausage meat
4 dozen French chestnuts
2 teaspoons salt
¼ teaspoon pepper
⅛ teaspoon powdered thyme
2 teaspoons parsley, finely chopped
1 cup fresh bread crumbs

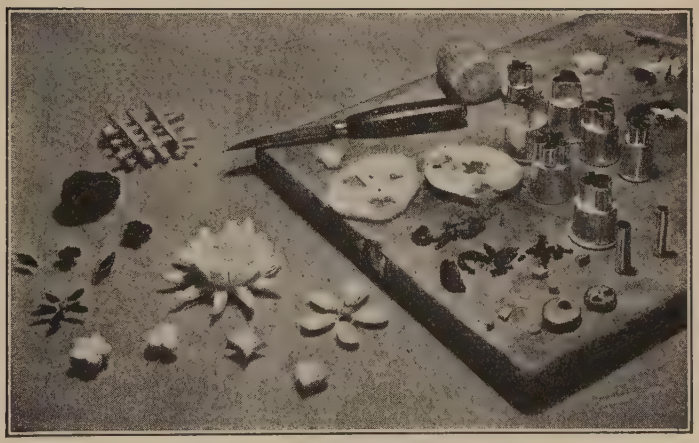
Cook onion in butter 3 minutes. Add sausage meat. Cook 5 minutes. Boil chestnuts (p. 390) and mash half of them. Add to first mixture with remaining ingredients. When thoroughly blended, add whole chestnuts.

Sausage and Chestnut Stuffing II

½ tablespoon finely chopped shallot
3 tablespoons butter
¼ pound sausage meat
12 canned mushrooms, finely chopped
1 cup Boiled Chestnuts (p. 390)
⅓ cup stale bread crumbs
½ tablespoon finely chopped parsley
24 French chestnuts cooked and left whole
Salt and pepper

Cook shallot with butter 5 minutes. Add sausage meat, cook 2 minutes. Add mushrooms, mashed chestnuts, parsley, salt, and pepper. Heat to boiling point, add crumbs and whole chestnuts. Cool.

GARNISHES FOR FISH, MEAT, AND POULTRY



VEGETABLES, TRUFFLES, EGGS, AND ALMONDS FOR GARNISHING

Parsley, watercress, celery tops, fresh mint leaves.

Almonds, arranged like the petals of a flower or chopped (for fish).

Hard-cooked eggs, in strips, chopped or cut like a flower (also good for vegetables, such as spinach).

Fried gelatine, especially for fried fish. Shredded gelatine must be used. Phosphated or granulated gelatine *cannot* be used for frying. Take up a few shreds and drop in deep hot fat. Gelatine will immediately swell and become white. Remove with skimmer and drain.

LEMONS ARE THE BEST GARNISH FOR FISH

Lemons, especially for fish. Wash, wipe, and cut in crosswise slices, lengthwise sections, fan-shaped pieces, cups, or baskets. Decorate with sprigs of parsley, finely chopped parsley, paprika, canned pimiento (cut in strips or fancy shapes), sliced radishes, or red portion of radishes, chopped or removed and cut in fancy shapes.

Truffles, cut in fancy shapes, especially to decorate a cold entrée, such as Chaudfroid of Chicken.

Vegetables, cooked and cut in fancy shapes with French vegetable cutters. Raw vegetables may be cut in the same way, to be cooked in soup.

ACCOMPANIMENTS FOR FISH, MEAT, AND POULTRY

Dumplings

2 cups flour	½ teaspoon salt
4 teaspoons baking powder	¾ cup milk

Mix and sift dry ingredients. Add milk gradually. Toss on floured board, pat, and roll out half an inch thick. Shape with biscuit cutter, dipped in flour. Place close together in buttered steamer, cover closely, and steam 12 minutes.

With a little more milk added, mixture may be dropped by spoonfuls and cooked on top of stew. If necessary, remove some of liquid so that dumpling may rest on meat and potato and not settle into liquid. Keep closely covered.

Fried Apple Rings

Core tart apples. Pare or not, as desired Cut in half-inch slices. Fry (sauté) in butter, bacon, or sausage fat until tender but not broken, turning once.

Boiled Cider Apple Sauce

Pare, quarter, and core apples, put in bean pot or casserole, and sprinkle each layer with raisins. Add boiled cider to cover apples, put on cover, and bake 3 or 4 hours in very slow oven (250° F.) or until very tender and very dark in color. Or cook slowly on top of the stove.

Beet Relish

1 cup chopped, cold, cooked beets
3 tablespoons grated horse-radish root
2 tablespoons lemon juice
2 teaspoons powdered sugar
1 teaspoon salt

Mix ingredients in order given. Canned beets may be used in place of fresh ones, and bottled horse-radish, if of strong flavor and well drained.

Celery Relish

1½ cups chopped celery
4 teaspoons powdered sugar
1 teaspoon salt
½ teaspoon mustard
¼ cup vinegar

Mix ingredients in order given. Cover and let stand in a cold place 1½ hours. Drain off the liquid before serving. When preparing celery, include some of the small, tender leaves.

Cranberry Sauce

3 cups cranberries
1¼ cups sugar
1 cup boiling water

Pick over and wash cranberries. Cook with sugar and water 10 minutes. Watch to prevent boiling over. Skim and cool.

Cranberry Jelly

4 cups cranberries
2 cups boiling water
2 cups sugar

Pick over and wash cranberries. Add water and boil 20 minutes. Rub through sieve, cook 3 minutes, add sugar, and cook 2 minutes. Mold and chill.

Spiced Cranberry Jelly

1 quart cranberries
1 cup boiling water
2 cups sugar
⅓ cup cold water
2-inch piece stick cinnamon
24 whole cloves
6 allspice berries
Few grains salt

Pick over and wash berries. Add boiling water and spices and boil until cranberries are soft. Rub through a sieve and add remaining ingredients. Bring to boiling point and simmer 15 minutes. Turn into a mold, and chill.

Cranberry Jelly with Celery

4 cups cranberries
2 cups sugar
1 cup boiling water
1½ cups celery, cut fine

Pick over and wash cranberries. Add sugar and water and boil 20 minutes. Strain. When mixture begins to thicken, fold in 1½ cups celery, cut crosswise of stalks in ⅛-inch slices. Turn into a mold or molds and chill. Remove from molds and garnish with curled celery.

Stuffed Preserved Oranges

Oranges
Raisins
Candied cherries
Candied pineapple

Wipe oranges, make 3 holes through each orange at right angles to one another, using a pencil-shaped vegetable cutter. Stuff with fruit, filling center first. Cover with boiling water and boil 20 minutes. Drain, cover with water, and repeat 3 times. Strain, cover with a sirup made of 2 parts sugar to 1 part water and cook to 220° F. Let stand until cold. Again bring to boiling point and cook to 220° F. Cool and repeat until skin is tender enough to pierce with toothpick. Bring to boiling point. These oranges may be put into sterilized jars and sealed.

Philadelphia Relish

2 cups cabbage, finely shredded
2 green peppers, finely chopped
1 teaspoon celery seed
¼ teaspoon mustard seed
½ teaspoon salt
2 tablespoons brown sugar
¼ cup vinegar

Mix ingredients in order given.

Sautéed Pineapple

Drain canned, sliced pineapple from sirup and dry on a towel. Fry (sauté) in butter until delicately browned.

Glazed Pineapple

Empty a can of sliced pineapple into a shallow granite-ware baking pan, not allowing slices to overlap one another. Place over very slow heat and simmer 2 or 3 hours, when pineapple will be quite clear. Remove to serving dish and garnish center of each with a glacéed cherry.

FRAPPÉS

Clam Frappé

20 clams ½ cup cold water

Wash clams thoroughly, changing water several times; put in stewpan with cold water, cover closely, and steam until shells open. Strain liquor, cool, and freeze (p. 560).

Cranberry Frappé

1 quart cranberries 2 cups sugar
2 cups water Juice 2 lemons

Cook cranberries and water 8 minutes; then force through a sieve. Add sugar and lemon ice, and freeze (p. 560).

Frozen Cranberries

4 cups cranberries 2¼ cups sugar 1½ cups boiling water

Pick over and wash cranberries, add water and sugar, and cook 10 minutes, skimming during the cooking. Rub through a sieve, cool, and freeze (p. 560).

Crème de Menthe Ice

To Lemon Ice I (p. 562) add 2 tablespoons Crème de Menthe flavoring and freeze (p. 560).

Currant Ice

4 cups water 1½ cups sugar 2 cups currant juice

Boil sugar and water 5 minutes. Add juice, cool, and freeze (p. 560).

German Punch

2 cups water
1¾ cups tomatoes
3 apples, cored, pared, and chopped
1 cup sugar
3 tablespoons lemon juice
Piece ginger root
3 tablespoons Maraschino sirup

Mix ingredients, except sirup, and cook 35 minutes. Rub through a sieve, add Maraschino, and freeze to a mush (p. 560).

Pomona Frappé

1¾ cups sugar
4 cups water
1 quart sweet cider
2 cups orange juice
½ cup lemon juice

Boil sugar and water 5 minutes. Add cider, orange juice, and lemon juice. Cool, strain, and freeze (p. 560).

OTHER ACCOMPANIMENTS FOR FISH AND MEAT

Apple Sauce (p. 733)
Baked Apples (p. 731)
Baked Peaches (p. 736)
Baked Pears (p. 736)
Baked or Steamed Hominy (p. 90)
Cinnamon Apples (p. 732)
Conserves (p. 746)
Fruit Sherbets (p. 560)
Noodles (p. 184)
Ravioli (p. 93)
Relishes and Pickles (p. 753)
Sautéed Bananas (p. 734)
Sautéed Chestnuts (p. 390)
Tart Jellies (p. 738)
Yorkshire Pudding (p. 250)

CHAPTER 25

SAUCES FOR FISH, MEAT, AND VEGETABLES

Use a saucepan of correct size. A wire whisk is a great help in keeping a sauce mixture smooth.

To scald milk. Put in top of double boiler, having water boiling in under part. Cover, and place over moderate heat until milk around edge of double boiler has a beadlike appearance.

To extract onion juice. Cut slice from root end of onion, draw back the skin, and scrape with edge of teaspoon.

To chop small amount of onion. Make cuts ¼ inch deep and ¼ inch apart, across cut surface of onion. Turn and make similar cuts at right angles. Slice off and repeat.

To chop parsley. Remove leaves from parsley. If parsley is wet, first dry in towel. Cut with parsley cutter or scissors or gather parsley between thumb and fingers, press compactly and with a sharp knife cut through and through on a small board. Again gather in fingers and recut, so continuing until parsley is finely cut.

PURÉES FOR FLAVORING SAUCES

Pimiento Purée. Drain canned pimientos and force through purée strainer.

Tomato Purée. Use canned tomato soup, Italian tomato paste, or drain canned tomatoes from liquor; stew, strain, and cook until reduced to a thick pulp.

White Sauce I (for Soups)

1 tablespoon butter
1 tablespoon flour
1 cup milk
¼ teaspoon salt
Few grains pepper

Melt butter, add flour mixed with seasonings, stir until well blended. Pour on milk gradually, while stirring constantly. Bring to boiling point. Boil 2 minutes.

White Sauce II (for Vegetables and Fish)

2 tablespoons butter
2 tablespoons flour
1 cup milk
¼ teaspoon salt
Few grains pepper

Make like White Sauce I.

White Sauce III (for Soufflés)

3 tablespoons butter
3 tablespoons flour
1 cup milk
¼ teaspoon salt
Few grains pepper

Make like White Sauce I.

Croquette Sauce

4 tablespoons butter
⅓ cup flour
1 cup milk
¼ teaspoon salt
Few grains pepper

Make like White Sauce I.

Cream Sauce

Use cream instead of milk in White Sauce I, II, or III, or Croquette Sauce.

White Sauce with Egg

Add 1 slightly beaten egg yolk to White Sauce II, just before serving.

Brown Almond Sauce

¼ pound almonds, blanched and chopped
2 tablespoons butter
2 tablespoons flour
1 teaspoon salt
⅛ teaspoon pepper
1 pint thin cream

Brown nuts in butter, add flour and seasonings, and pour on cream slowly. Bring to boiling point.

Cauliflower Sauce

Croquette Sauce
1 cup Chicken Stock (p. 154)
1 cup cooked cauliflower flowerets

Add stock and cauliflower to sauce.

Celery Sauce

3 cups cooked celery, cut in thin slices 2 cups White Sauce II (p. 344)

Rub celery through sieve, add to sauce. White Sauce may be made with half milk and half Chicken Stock (p. 154), or celery water.

Cheese Sauce

Add ¾ cup mild cheese, grated or cut in small cubes, to White Sauce II.

Onion Sauce I

Follow recipe for White Sauce II, cooking 2 slices onion with butter for 3 minutes. Strain before serving.

Onion Sauce II

Follow recipe for White Sauce with Egg, cooking 1 Bermuda onion, finely chopped, with the butter for 3 minutes.

Curry Sauce

Season Onion Sauce I with curry powder.

Pimiento Sauce

Add ½ cup cream and ½ cup Pimiento Purée (p. 343) to White Sauce III.

Truffle Sauce

Add 1½ tablespoons chopped truffle and ½ cup cream to White Sauce III.

Hot Tartare Sauce

½ cup White Sauce II (p. 344)
⅓ cup Mayonnaise (p. 460)
½ shallot, finely chopped, or
¼ tablespoon finely chopped onion
½ teaspoon vinegar or tarragon vinegar
Pickles, Olives, Parsley — ½ tablespoon each, finely chopped
½ tablespoon capers

To White Sauce, add other ingredients. Stir constantly until thoroughly heated, but do not bring to boiling point.

Rice Sauce

3 tablespoons rice
2 cups milk
½ onion
3 cloves
2 tablespoons butter
Salt and pepper

Wash rice, add to milk, and cook in double boiler until soft. Rub through fine strainer, return to double boiler, add onion stuck with cloves, and cook 15 minutes. Remove onion, add butter, salt, and pepper.

Bread Sauce

2 cups milk
⅓ cup fine, stale bread crumbs
1 onion
6 cloves
½ tablespoon salt
Few grains cayenne
3 tablespoons butter
½ cup coarse, stale bread crumbs

Cook milk 30 minutes in double boiler, with fine bread crumbs and onion stuck with cloves. Remove onion, add salt, cayenne, and 2 tablespoons butter. Sprinkle with coarse crumbs browned in remaining butter.

Béchamel Sauce

1½ cups Veal or Chicken Stock (pp. 153, 154)
1 slice onion
1 slice carrot
Bit of bay leaf
Sprig of parsley
6 peppercorns
¼ cup butter
¼ cup flour
1 cup scalded milk
½ teaspoon salt
⅛ teaspoon pepper

Cook stock 20 minutes with onion, carrot, bay leaf, parsley, and peppercorns, then strain; there should be 1 cupful. Melt butter, add flour, and gradually hot stock and milk. Season with salt and pepper. Equal parts of stock and milk may be used.

Yellow Béchamel Sauce

Follow recipe for Béchamel Sauce, adding 1 slightly beaten egg yolk diluted with small quantity of hot sauce.

Drawn Butter Sauce

⅓ cup butter
3 tablespoons flour
1½ cups hot water or Fish Stock (p. 162)
½ teaspoon salt
⅛ teaspoon pepper
1 teaspoon lemon juice

Melt half the butter, add flour with seasonings, and pour on hot water gradually. Boil 5 minutes. Add remaining butter in small pieces.

Shrimp Sauce

To Drawn Butter Sauce add 1 egg yolk and ½ cup shrimps cleaned and cut in pieces.

Caper Sauce

To Drawn Butter Sauce add ½ cup capers drained from their liquor.

Egg Sauce I

To Drawn Butter Sauce add 2 hard-cooked eggs cut in ¼-inch slices.

Egg Sauce II

To Drawn Butter Sauce add 2 egg yolks and 1 teaspoon lemon juice.

Bercy Sauce

3 tablespoons butter
1 tablespoon finely chopped shallot
2 tablespoons flour
1 cup Veal or Chicken Stock (pp. 153, 154) or Fish Stock (p. 162) or half each

Cook shallot in 1 tablespoon butter 5 minutes. Add flour, stir until well blended, and pour on stock gradually. Add remaining butter and season to taste.

Velouté Sauce I

2 tablespoons butter
2 tablespoons flour
1 cup Veal or Chicken Stock (pp. 153, 154)
¼ teaspoon salt
Few grains pepper

Make like White Sauce I.

Velouté Sauce II

2 tablespoons butter
3 tablespoons flour
1 cup Veal or Chicken Stock (pp. 153, 154)
⅓ cup cream

Make like White Sauce I.

Suprême Sauce I

Add 1 egg yolk to Velouté Sauce II just before serving.

Suprême Sauce II

Season Velouté Sauce II with 1 tablespoon mushroom liquor and ¾ teaspoon lemon juice.

Sauce Allemande

Add 1 teaspoon lemon juice and 1 egg yolk to Velouté Sauce II.

Sauce Allemande with Cheese

Add 3 tablespoons grated Parmesan cheese to Velouté Sauce I or II, then add 1 egg yolk.

Mousselaine Sauce

Add 2 egg yolks and 1 tablespoon lemon juice to Velouté Sauce II.

Sauce Verte

Follow recipe for Velouté Sauce II, using fish stock and coloring green with vegetable coloring.

Soubise Sauce

2 cups sliced onions
1 cup Velouté Sauce I (p. 347)
½ cup cream or milk
Salt and pepper

Cover onions with boiling water, cook 5 minutes, drain, again cover with boiling water, and cook until soft; drain and rub through sieve. Add to sauce with cream. Season with salt and pepper.

Russian Sauce

Velouté Sauce I (p. 347)
½ teaspoon finely chopped chives
½ teaspoon prepared mustard
1 teaspoon grated horse-radish
¼ cup cream
1 teaspoon lemon juice

Add salt, pepper, mustard, chives, and horse-radish to Velouté Sauce. Cook 2 minutes, strain, add cream and lemon juice. Reheat before serving.

Olive and Almond Sauce

¼ cup shredded almonds
1 teaspoon beef extract
Velouté Sauce II (p. 347)
8 olives, stoned and cut in quarters
½ tablespoon lemon juice

Just before serving add other ingredients to Velouté Sauce.

Peanut Butter Sauce (Brown Nut Sauce)

2 tablespoons butter
2 tablespoons peanut butter
3½ tablespoons flour
1½ cups Chicken Stock (p. 154)
½ teaspoon salt
Few grains pepper

Brown butter, add peanut butter, and when well mixed add flour and continue browning; then pour on stock gradually, while stirring constantly. Bring to boiling point and add salt and pepper.

Roe Sauce

½ shad roe
¼ cup cooking sherry
5 tablespoons butter
Cayenne
4 tablespoons flour
1 cup Chicken Stock (p. 154)
¼ teaspoon beef extract

Put roe in small, shallow baking pan. Sprinkle with salt, pepper, cayenne, and nutmeg. Add 2 tablespoons butter and sherry. Cover with buttered paper. Bake 30 minutes. Remove membranes. Brown remaining butter, add flour, continue browning. Pour on stock gradually, while stirring constantly. Bring to boiling point, add beef extract, roe, and salt to taste.

Roberts Sauce

¾ tablespoon butter
3 shallots, finely chopped
½ tablespoon flour
1 tablespoon vinegar
½ cup Veal or Chicken Stock (pp. 153, 154)
2 chopped pickles
½ tablespoon chopped capers
1 teaspoon olives, chopped
½ teaspoon prepared mustard
¼ teaspoon salt
Few grains cayenne

Melt butter, add shallots and flour, and cook 5 minutes. Add other ingredients and cook 10 minutes, stirring constantly.

Normandy Sauce

1 cup Fish Stock (p. 162)
2 tablespoons butter
3 tablespoons flour
⅛ cup heavy cream
2 egg yolks, slightly beaten
Salt, pepper, and cayenne
1 tablespoon lemon juice

Melt butter, add flour. When well blended, pour on gradually fish stock and cream, while stirring constantly. Bring to boiling point and add to egg yolks just before serving. Season with salt, pepper, and cayenne and add lemon juice.

Martin Sauce

Make Normandy Sauce, omitting lemon juice, and season to taste with grated cheese.

Brown Sauce I (Brown Gravy)

2 tablespoons butter or bacon fat
½ slice onion
3 tablespoons flour
1 cup Brown Stock I or II (pp. 144, 145) or water
¼ teaspoon salt
⅛ teaspoon pepper

Cook onion in butter until slightly browned; remove onion and stir butter constantly until well browned; add flour mixed with seasonings, and brown the butter and flour together. Add stock gradually, bring to boiling point, and boil 2 minutes. Onion may be omitted.

Brown Sauce II (Espagnole)

¼ cup butter
1 slice carrot
1 slice onion
Bit of bay leaf
Sprig of thyme
Sprig of parsley
6 peppercorns
5 tablespoons flour
2 cups Brown Stock I (p. 144)
Salt and pepper

Cook butter with carrot, onion, bay leaf, thyme, parsley, and peppercorns, until brown, stirring constantly, care being taken that butter is not allowed to burn; add flour, and when well browned, add stock gradually. Bring to boiling point, strain, and season with salt and pepper.

Anchovy Sauce

Season Brown Sauce, Drawn Butter (p. 346), or Hollandaise (p. 356) with Anchovy essence or paste.

Currant Jelly Sauce

1 cup Brown Sauce I (without onion)
¼ glass currant jelly

Add jelly to sauce. If desired, add 1 tablespoon cooking sherry

Chestnut Sauce

Add one cup boiled French Chestnuts to Brown Sauce II.

Estragon Sauce

Season Brown Sauce I or II with tarragon vinegar.

Olive Sauce

Cover 5 stuffed olives with boiling water and cook 5 minutes. Drain, slice, and add to 2 cups Brown Sauce I or II (p. 350).

Sauce Piquante

1 cup Brown Sauce I or II (p. 350)
1 tablespoon vinegar
½ small shallot, finely chopped
1 tablespoon capers
1 tablespoon chopped pickle
Few grains cayenne

Add other ingredients to sauce.

Bordelaise Sauce

2 tablespoons butter
1 shallot, finely chopped
1 slice onion
2 slices carrot
Parsley
Bit of bay leaf
8 peppercorns
1 clove
1 cup Brown Stock I or II (pp. 144, 145)

Cook vegetables and seasonings with butter until well browned. Add to stock, simmer 8 minutes, and strain.

Reforme Sauce

¾ cup Brown Stock I or II (pp. 144, 145)
2 gherkins, cut in thin slices
1 small truffle, cut in thin slices
6 mushroom caps, sliced
White 1 hard-cooked egg, cut in thin strips
Salt

Combine ingredients, bring to boiling point, and simmer 5 minutes.

Orange Sauce

¼ cup butter
¼ cup flour
1⅓ cups Brown Stock I or II (pp. 144, 145)
½ teaspoon salt
Few grains cayenne
⅔ cup orange juice
Rind 1 orange, cut in fancy shapes

Brown butter, and flour, salt, and cayenne, and stir until well browned. Add stock gradually and, just before serving, orange juice and rind. If desired, flavor with cooking sherry.

Spanish Sauce

2 tablespoons finely chopped, lean, raw ham or bacon
2 tablespoons chopped celery
2 tablespoons chopped carrot
1 tablespoon chopped onion
4 tablespoons butter or 2 tablespoons, if bacon is used
4 tablespoons flour
1⅓ cups Brown Stock I or II (pp. 144, 145)
⅔ cup stewed tomatoes

Cook ham or bacon and vegetables with butter until butter is well browned; add flour, stir. Then add stock and tomatoes; cook 5 minutes, and strain or not, as desired.

Creole Sauce

2 tablespoons chopped onion
4 tablespoons green pepper, finely chopped
2 tablespoons butter
2 tomatoes or ½ cup canned tomatoes
¼ cup sliced mushrooms
1⅓ cups Brown Sauce I or II (p. 350)
Salt and pepper

Cook onion and pepper with butter 5 minutes; add tomatoes, mushrooms, and olives, and cook 2 minutes; then add Brown Sauce. Bring to boiling point.

Tomato Sauce I (without Stock)

2 cups tomatoes, cooked or canned
1 slice onion
3 tablespoons butter
3 tablespoons flour
Salt, pepper

Cook onion and tomato 15 minutes, and strain. Brown butter, add flour, and, when well blended, tomato. Bring to boiling point.

Tomato Sauce II (without Stock)

4 tablespoons Italian tomato paste
1¼ cups water
2 tablespoons flour

Add 1 cup water to paste. Mix flour with ¼ cup cold water. Stir until smooth. Add to tomato mixture. Cook 2 minutes, stirring constantly.

Brown Tomato Sauce I

4 tablespoons butter
4 tablespoons flour
2 cups tomatoes, cooked or canned
1 cup Brown Stock I or II (pp. 144, 145)

Brown butter, add flour and, very gradually, strained tomatoes and stock. Season to taste. Bring to boiling point.

Brown Tomato Sauce II

Brown Tomato Sauce I
1 slice onion
1 slice carrot
Bit of bay leaf
Sprig of parsley
4 cloves

Add other ingredients to sauce. Cook 10 minutes. Strain.

Italian Tomato Sauce

⅓ cup butter
1 onion, finely chopped
¾ teaspoon salt
Few grains pepper
1 small can Italian tomato paste
2 cups water
⅔ pound lean beef, cut in small pieces

Cook butter, onion, salt, and pepper 8 minutes. Add tomato paste, water, and beef. Cook very slowly 1½ hours. Remove meat before serving.

Sauce Finiste

3 tablespoons butter
½ teaspoon mustard
Few grains cayenne
1 teaspoon lemon juice
1½ teaspoons Worcestershire Sauce
¾ cup stewed and strained tomatoes

Cook butter until well browned and add remaining ingredients.

Tomato Cream Sauce

2 cups tomatoes
Sprig of thyme
1 stalk celery
1 slice onion
Bit of bay leaf
1 cup White Sauce III (p. 344)
½ teaspoon salt
Few grains cayenne
¼ teaspoon soda

Cook tomatoes 20 minutes with seasonings; rub through strainer, add soda and White Sauce.

Mexican Tomato Sauce

1 onion, finely chopped
2 tablespoons butter
1 red pepper
1 green pepper
1 clove garlic
2 tomatoes, peeled and cut in pieces
1 teaspoon Worcestershire Sauce
¼ teaspoon celery salt
Salt

Cook onion in butter 5 minutes. Add other ingredients, except seasonings, and cook 15 minutes. Season.

Tomato and Mushroom Sauce I

Add ½ cup mushrooms, sliced, to any plain Tomato Sauce.

Tomato and Mushroom Sauce II

2 tablespoons chopped bacon or uncooked ham
1 slice onion
6 slices carrot
Bit of bay leaf
2 sprigs thyme
Sprig of parsley
2 cloves.
½ teaspoon peppercorns
Few gratings nutmeg
3 tablespoons flour
2 cups tomatoes
1½ cups Brown Stock I or II (pp. 144, 145)
Salt and pepper
1 cup mushrooms, fresh or canned, cut in quarters

Cook bacon, onion, and carrot 5 minutes; add bay leaf, thyme, parsley, cloves, peppercorns, nutmeg, and tomatoes, and cook 5 minutes. Add flour diluted with enough cold water to pour; as it thickens, dilute with stock. Cover and cook in oven 1 hour. Strain, add salt and pepper to taste, and mushrooms. Cook 5 minutes.

Mushroom Sauce

Add 5 mushroom caps, sliced, to Velouté Sauce I (p. 347). Cook 5 minutes. Season. Add chopped truffle, if desired.

Mushroom Purée

¼ pound mushrooms
2 tablespoons butter
1 cup Chicken Stock (p. 154)
1 tablespoon flour
Salt and pepper

Clean mushrooms, break in pieces, and fry (sauté) 5 minutes in 1 tablespoon butter. Add stock, simmer 5 minutes. Rub through sieve and add to remaining butter and flour cooked together. Season with salt and pepper.

Brown Mushroom Sauce I

Add 1 cup mushrooms, sliced and fried (sautéed) in butter, to any Brown Sauce. If canned mushrooms are used, add some of the liquor.

Brown Mushroom Sauce II

3 tablespoons butter
Few drops onion juice
4 tablespoons flour
½ pound mushrooms sliced
1 teaspoon beef extract
Salt and paprika
1 cup cream

Brown butter slightly, add onion juice and flour. Brown. Pour on cream gradually, while stirring constantly. Add mushrooms, fried (sautéed) in butter. Season with beef extract, salt, and paprika.

Lobster Sauce I (Aurora Sauce)

1 cup White Sauce II (p. 344) made with cream
1 teaspoon meat extract
½ cup lobster dice
Lobster coral

Add extract, lobster, and coral to sauce.

Lobster Sauce II

2 tablespoons butter
2 tablespoons flour
1 cup lobster stock (made from body bones and claws)
½ cup diced lobster
1 teaspoon lemon juice
Salt and cayenne

Make like White Sauce I (p. 343), adding seasonings and lobster last.

Lobster Sauce III

3 tablespoons butter
3 tablespoons flour
1 cup lobster stock (made from bones and claws)
½ cup heavy cream
2 egg yolks
½ cup lobster, diced
Salt, paprika, lemon juice

Make like Velouté Sauce II (p. 347), season, and add lobster and egg yolks.

Oyster Sauce

1 pint oysters
4 tablespoons butter
4 tablespoons flour
Milk, water, or Chicken Stock (p. 154)
Salt and pepper

Cook oysters until plump. Remove oysters, measure liquor, and add milk, water, or stock to make 1¾ cups. Make like White Sauce I. Add oysters and season.

Russian Oyster Sauce

3 tablespoons butter
4½ tablespoons flour
1 cup oysters
Chicken Stock (p. 154)
½ cup cream
2 egg yolks
½ tablespoon vinegar
¾ tablespoon lemon juice
2 tablespoons capers
1 tablespoon grated horse-radish
Salt and pepper

Chop oysters. Cook 5 minutes. Strain. Measure liquor. Add stock to make 1 cup. Melt butter, add flour. When well blended pour on oyster liquor, stock, and cream. Bring to boiling point, add other ingredients.

Hollandaise I

½ cup butter
2 egg yolks
1 tablespoon lemon juice
¼ teaspoon salt
Few grains cayenne
⅓ cup boiling water

Wash butter (p. 602) or not, as preferred. Divide in 3 pieces. Put 1 piece in pan with egg yolks and lemon juice. Cook over boiling water, stirring constantly with wire whisk until butter is melted. Add second piece of butter, and as mixture thickens, third piece. Add water, cook 1 minute, and season. If mixture curdles, add 2 tablespoons heavy cream or 2 tablespoons boiling water, drop by drop.

Hollandaise II

Make like Hollandaise I, but do not add boiling water. Remove from fire as soon as thickened. If sauce separates because cooked too long, add small quantity of milk or water, drop by drop.

Mock Hollandaise

1 cup White Sauce II (p. 344)
2 egg yolks
6 tablespoons butter
1 tablespoon lemon juice

Just before serving, stir in egg yolks, butter, a tablespoon at a time, and lemon juice.

Lobster Hollandaise

Add ⅓ cup diced lobster to any Hollandaise.

Horse-radish Hollandaise

Add 4 tablespoons grated horse-radish and 2 tablespoons heavy cream, beaten until stiff, to any Hollandaise.

Henriette Sauce

Season Hollandaise with 1 or 2 tablespoons Tomato Purée (p. 343) and ½ tablespoon finely chopped parsley.

Sauce Figaro

Season Henriette Sauce with 1 tablespoon Worcestershire Sauce.

Victor Hugo Sauce

½ teaspoon finely chopped shallot
1 tablespoon tarragon vinegar
⅓ cup butter
2 egg yolks
1 teaspoon lemon juice
1 teaspoon meat extract
½ tablespoon grated horse-radish

Cook shallot and vinegar 5 minutes. Add ⅓ butter, egg yolks, lemon juice, and meat extract. Cook over boiling water, stirring constantly. As butter melts, add second piece, then third. When thickened, add horse-radish.

Cucumber Hollandaise

2 tablespoons white tarragon vinegar
1 red pepper
2 egg yolks
⅓ cup washed butter
¼ teaspoon salt
Few grains cayenne
Cucumber

Cook vinegar with pepper (one of the small ones found in pepper sauce) until reduced to 1 tablespoon. Strain into saucepan, add egg yolks and ⅓ of the butter, and cook over boiling water, stirring constantly until butter melts. Add remaining butter in pieces, continuing the stirring. Add seasonings and cucumber, pared, chopped, drained and squeezed in cheesecloth.

Hot Mayonnaise

2 egg yolks
2 tablespoons olive or salad oil
1 tablespoon vinegar
¼ cup hot water
Salt
Few grains cayenne
1 teaspoon finely chopped parsley

Add oil slowly to egg yolks. Pour on gradually vinegar and water. Stir and cook over hot water until thickened. Add seasonings and parsley.

Sauce Béarnaise I

To Hollandaise II add 1 teaspoon each finely chopped parsley and fresh tarragon, or ½ tablespoon tarragon vinegar.

Sauce Béarnaise II

3 tablespoons water
3 tablespoons tarragon vinegar
½ onion
4 egg yolks, slightly beaten
½ teaspoon salt
⅛ teaspoon paprika
4 tablespoons butter, creamed

Put water, vinegar, and onion in small saucepan. Heat to boiling point. Remove onion and pour gradually on egg yolks. Add seasonings. Cook over hot water, while stirring constantly, until mixture begins to thicken. Add butter, 1 tablespoon at a time, stirring constantly.

Littleton Sauce

1 teaspoon flour
1 teaspoon mustard
1 tablespoon melted butter
1 tablespoon vinegar
½ cup boiling water
3 egg yolks, well beaten
¼ teaspoon salt
Few grains pepper
1 tablespoon currant jelly, separated in small pieces
Few grains cayenne

Mix flour and mustard. Add butter, vinegar, water, and egg yolks. Cook over boiling water, stirring constantly, until thickened. Add seasonings and, just before serving, jelly.

Beurre Noir (Browned Butter Sauce)

⅓ cup butter 1 teaspoon lemon juice Salt and pepper

Fat remaining in pan after frying fish or meat may be used for part of butter. Add enough butter to make ⅓ cup, stir until well-browned. Add lemon juice and seasonings.

Tarter Sauce

Add 1 tablespoon vinegar and 1 tablespoon Worcestershire Sauce to Beurre Noir.

Lemon Butter

¼ cup butter 1 tablespoon lemon juice

Cream the butter, and add slowly lemon juice.

Maître d'Hôtel Butter

¼ cup butter
½ teaspoon salt
⅛ teaspoon pepper
½ tablespoon finely chopped parsley
¾ tablespoon lemon juice

Put butter in bowl, and with small wooden spoon work until creamy. Add salt, pepper, and parsley, then lemon juice very slowly. One tablespoon, each, red and green pepper cut in small pieces is an improvement.

Lobster Butter

½ cup butter Lobster coral

Clean, wipe, and force coral through a fine sieve. Put in mortar with butter and pound until well blended. This butter is used in Lobster Soup and Sauces to give color and richness.

Anchovy Butter

¼ cup butter 1 teaspoon Anchovy Paste
Few drops onion juice Few drops lemon juice

Cream the butter and add other ingredients.

Cider Sauce (for Ham)

3 tablespoons butter 2 cups ham liquor
4 tablespoons flour 4 tablespoons cider
Salt and pepper

Melt butter, add flour, and pour on hot ham liquor gradually, while stirring constantly. Bring to boiling point, add cider. Season to taste.

Grapejuice Sauce (for Ham)

1 tablespoon cornstarch ¾ cup hot water
¼ cup cold water 1 cup grape juice
Juice 1 lemon

Mix cornstarch and cold water; add hot water. Cook until thickened and add fruit juices. Serve hot.

Raisin Sauce I (for Ham)

¼ cup vinegar ½ tablespoon mustard
1¾ cups water ½ tablespoon flour
½ cup brown sugar ¼ cup seedless raisins

Mix dry ingredients, add raisins, vinegar, and water. Cook to a sirup.

Raisin Sauce II (for Ham)

1 cup sugar ½ tablespoon Worcestershire Sauce
½ cup water ½ teaspoon salt
1 cup raisins, seedless or cut in pieces ⅛ teaspoon pepper
2 tablespoons butter ¼ teaspoon clove
3 tablespoons vinegar Few grains mace
1 glass fruit jelly

Cook sugar and water 5 minutes. Add other ingredients and cook until jelly dissolves.

Mint Sauce

¼ cup finely chopped mint leaves
1 tablespoon powdered sugar
½ cup vinegar

Dissolve sugar in vinegar. Pour over mint and let stand 30 minutes in warm place. If vinegar is very strong, dilute with water.

Currant Mint Sauce

Separate ½ tumbler of currant jelly in small pieces, but do not beat. Add 1¼ tablespoons finely chopped fresh mint leaves and 1 tablespoon grated orange rind.

Cold Orange Sauce

6 tablespoons currant jelly
3 tablespoons sugar
Grated rind 2 oranges
2 tablespoons orange juice
2 tablespoons lemon juice
¼ teaspoon salt
⅛ teaspoon cayenne

Put first 3 ingredients in bowl and beat 5 minutes; add remaining ingredients and stir until well blended. 2 tablespoons cooking port may be added.

Horse-radish Sauce I

3 tablespoons cracker crumbs
⅛ cup grated horse-radish root
1½ cups milk
3 tablespoons butter
½ teaspoon salt
⅛ teaspoon pepper

Cook first 3 ingredients 20 minutes in double boiler. Add butter, salt, and pepper.

Horse-radish Sauce II

4 tablespoons grated horse-radish
1½ tablespoons vinegar
½ teaspoon salt
Few grains cayenne
½ cup heavy cream

Mix first 4 ingredients and add cream beaten stiff.

Vinaigrette Sauce

1 teaspoon salt
¼ teaspoon paprika
Few grains pepper
1 tablespoon tarragon vinegar
2 tablespoons cider vinegar
6 tablespoons olive oil
1 tablespoon chopped green pepper
1 tablespoon chopped cucumber pickle
1 teaspoon finely chopped parsley
1 teaspoon finely chopped chives

Combine ingredients. Vary as desired.

Cold Spanish Sauce

1½ cups canned tomatoes
¼ onion
Sprig of parsley
Bit of bay leaf
6 cloves
⅓ teaspoon salt
¼ teaspoon paprika
Few grains cayenne
3 egg yolks, slightly beaten
3 tablespoons olive or salad oil
1 tablespoon granulated gelatine dissolved in ¾ tablespoon tarragon vinegar and ¾ tablespoon cold water

Cook tomato and seasonings 15 minutes. Rub through sieve. Add olive oil to egg yolks. Combine mixtures, cook over hot water, stirring constantly. Add dissolved gelatine. Strain and cool.

Sauce Tyrolienne

¾ cup Mayonnaise (p. 460)
½ tablespoon capers
2 tablespoons Tomato Purée (p. 343)
½ tablespoon finely chopped parsley
1 finely chopped gherkin

Add seasonings to Mayonnaise.

Guaymas Sauce

½ cup Tomato Sauce (p. 352)
1⅓ cup Mayonnaise (p. 460)
3 tablespoons shredded olives

Add Mayonnaise and olives to Tomato Sauce just before serving.

Epicurean Sauce

3 tablespoons Mayonnaise (p. 460)
2 tablespoons grated horseradish root
½ cup heavy cream
½ to 1 teaspoon prepared mustard
½ teaspoon salt
Few grains cayenne

Beat cream until stiff. Cut and fold in remaining ingredients.

Tartare Sauce

¾ cup Mayonnaise (p. 460)
½ shallot, finely chopped, or
¼ tablespoon finely chopped onion
½ tablespoon capers
Pickles, Olives, Parsley — ½ tablespoon each, finely chopped
1 tablespoon tarragon vinegar

Combine ingredients.

Cucumber Sauce I

2 cucumbers pared, grated, and thoroughly drained
Salt, pepper
Vinegar

Season cucumbers to taste.

Cucumber Sauce II

½ cup heavy cream
¼ teaspoon salt
Few grains pepper
2 tablespoons vinegar
1 cucumber, pared, chopped, and thoroughly drained

Chill all ingredients thoroughly. Beat cream until thick but not stiff. Add vinegar gradually to cream while beating constantly. Season and fold in cucumber.

CHAPTER 26

POTATOES

Potatoes are best in the fall and keep well through the winter. By spring the starch is partially changed to dextrin, giving the potatoes a sweetness, and when cooked a waxiness. The same change takes place when potatoes are frozen. To prevent freezing, keep a pail of cold water standing near them.

Potatoes keep best in a cool, dry cellar, in barrels, or piled in a bin. When sprouts appear they should be removed; receiving their nourishment from the starch, they deteriorate the potato.

Sweet Potatoes. Sweet potatoes, although analogous to white potatoes, are fleshy roots of the plant, belong to a different family (Convolvulus), and contain a much larger percentage of sugar.

Baked Potatoes

Select smooth, medium-sized potatoes. Wash, using vegetable brush, dry, and place in dripping pan. Bake 40 minutes or until soft, in very hot oven (450°–500° F.), remove from oven, and serve at once. If they must stand, break skin for escape of steam. If skins are to be eaten, potatoes may be rubbed with butter or bacon fat or cooking oil before baking.

Baked Potatoes, Hotel Style

Cut 2 crossed gashes across baked potato. Pinch potato to open cut. Put a bit of butter in opening and sprinkle with paprika.

Boiled Potatoes

Select potatoes of uniform size, or shape in balls with French vegetable cutter. Scrub thoroughly. Pare or not (to retain full vitamin content, peel after cooking). If pared, drop into cold water to prevent discoloration. Cook in boiling, salted water to cover until soft. For 7 potatoes allow 1 tablespoon salt. Drain and keep uncovered in warm place until serving time. Do not serve in covered dish. In boiling large potatoes, it often happens that outside is soft, while center is underdone. To finish cooking without potatoes breaking

apart, add 2 cups cold water, which drives heat to center, thus accomplishing the cooking.

Steamed Potatoes

Prepare as for Boiled Potatoes and cook over boiling water 45 minutes.

Riced Potatoes

Force hot boiled potatoes through potato ricer or coarse strainer. Serve piled lightly in a hot vegetable dish.

Mashed Potatoes

5 potatoes, riced
3 tablespoons butter
1 teaspoon salt
Few grains pepper
⅓ cup hot milk

Add other ingredients to potato. Beat with fork until creamy, reheat, and pile lightly in hot dish.

Potato Omelet

Prepare Mashed Potatoes, turn in hot omelet pan greased with 1 tablespoon butter, spread evenly, cook slowly until browned underneath, and fold like an omelet.

Potato Border

Place buttered mold on platter, build around it a wall of hot Mashed Potatoes (using 9 potatoes), 3½ inches high and 1 inch deep. Smooth and crease with case knife, or decorate with potato forced through pastry bag and tube. Remove mold, fill with creamed meat or fish, and reheat in oven before serving.

Spanish Potatoes

3 cups hot riced potatoes
3 tablespoons butter
½ cup cream
Salt
1½ canned pimientos, puréed or cut in small pieces

Add butter, cream, and salt to potatoes. Beat vigorously 5 minutes. Add pimiento and beat until well blended. Reheat.

Savory Potatoes

Add 1 tablespoon chopped watercress and 1 teaspoon chopped fresh mint leaves to Mashed Potatoes.

Maître d'Hôtel Potatoes

2 cups potato cubes or balls
Maître d'Hôtel Butter (p. 358)

Boil potatoes, drain, and add Maître d'Hôtel Butter.

Hongroise Potatoes

3 cups potatoes, pared and cut in ⅓-inch cubes
⅓ cup butter
1 cup White Sauce II (p. 344) or White Sauce with Egg (p. 344)
Few drops onion juice
Finely chopped parsley

Parboil potatoes 3 minutes. Drain, add butter, and cook slowly until potatoes are soft and slightly browned. Season sauce with onion juice, pour over potatoes, and sprinkle with parsley.

Pittsburgh Potatoes

1 quart ⅓-inch potato cubes
1 onion, finely chopped
3 canned pimientos, cut in small pieces
2 cups White Sauce II (p. 344)
½ pound mild cheese
½ teaspoon salt

Cook potatoes and onion in boiling, salted water to cover, 5 minutes. Add pimientos and cook 7 minutes. Drain. Turn into buttered baking dish and pour on sauce, mixed with cheese and salt. Bake in moderate oven (350° F.) until potatoes are soft.

Persillade Potatoes

1½ pounds small new potatoes, boiled
Melted butter
½ cup finely chopped parsley
Juice ½ lemon

Add lemon juice to butter and pour over potatoes. Roll potatoes in parsley.

Potatoes à la Hollandaise

3 cups potatoes, sliced or cut in fancy shapes
Chicken Stock (p. 154)
⅓ cup butter
1 tablespoon lemon juice
½ teaspoon salt
Few grains cayenne
½ tablespoon finely chopped parsley

Cook potatoes in stock to cover. Drain. Cream butter, add lemon juice, salt, and cayenne. Add to potatoes, cook 3 minutes, and add parsley.

Duchess Potatoes

2 cups hot, riced potatoes
2 tablespoons butter
½ teaspoon salt
3 egg yolks, slightly beaten

Add butter, salt, and egg yolks to potato. Beat. Shape, using pastry bag and tube, in form of baskets, pyramids, crowns, leaves, roses, etc. Brush over with beaten egg diluted with 1 teaspoon water and brown in hot oven (425° F.).

Chantilly Potatoes

3 cups mashed potatoes
½ cup heavy cream, beaten until stiff
½ cup grated cheese
Salt and pepper

Pile potatoes on baking dish. Add cheese to cream and season. Spread over potatoes and bake in moderate oven (350° F.) until delicately brown.

Pomme Fondante

3½ cups mashed potatoes
½ cup heavy cream
¾ cup coarse, stale bread crumbs

Turn potatoes into buttered baking dish. Pour cream over and sprinkle with crumbs. Bake in hot oven (425° F.) until crumbs are brown.

Scalloped Potatoes

4 potatoes, pared, cut in ¼-inch slices
Salt and pepper
Flour for dredging
1 tablespoon butter
Milk

Put layer of potatoes in buttered baking dish, sprinkle with salt and pepper, dredge with flour, and dot over with half the butter; repeat. Add milk until it may be seen through top layer; bake 1¼ hours in moderate oven (350° F.) or until potato is soft.

Chambery Potatoes

Wash, pare, and slice potatoes thinly, using vegetable slicer. Let stand ½ hour in cold water; then drain and dry between towels. Arrange in layers in well-buttered, heavy frying pan, having pan ¾ full. Season each layer with salt and pepper, and brush over with melted butter. Cook in moderate oven (350° F.) until soft and well browned.

Potatoes en Casserole

Wash and pare smooth round potatoes of uniform size. Cover with cold water and let stand 2 hours. Drain, put in casserole dish, sprinkle

with salt, and add butter, allowing 1 teaspoon to each potato. Cover and bake until soft (about 45 minutes), turning every 15 minutes.

Anna Potatoes

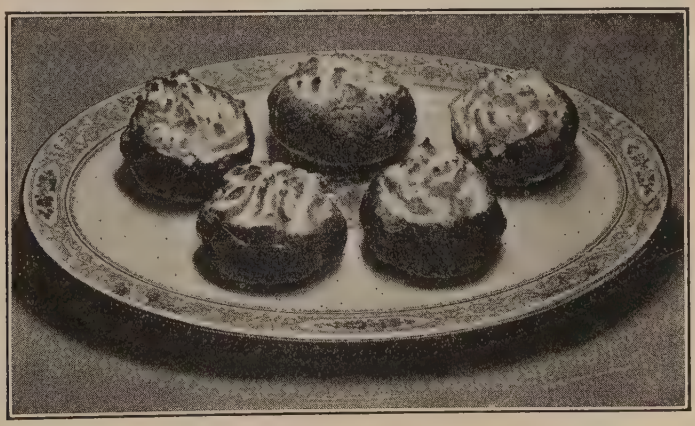
Wash and pare medium-sized potatoes. Cut lengthwise in ¼-inch slices, and fasten in fan shapes, with small wooden skewers (toothpicks), allowing 5 slices of potato to each skewer. Parboil 10 minutes, drain, then place in dripping pan and bake in hot oven (400° F.) until soft, basting every 3 minutes with butter or some other fat.

Franconia Potatoes

Pare potatoes of uniform size and parboil 10 minutes; drain and place in pan in which meat is roasting. Bake until soft (about 40 minutes), basting every 10 minutes with fat in pan.

Brabant Potatoes

Pare small potatoes and parboil 10 minutes. Drain, bake until soft, basting 3 times with melted butter.



Stuffed Baked Potatoes I (on the Half Shell)

3 large flat potatoes
1 tablespoon butter
Salt and pepper
1 tablespoon hot milk

Bake potatoes 40 minutes in hot oven (450°–500° F.) or until soft. Remove from oven, cut in halves lengthwise, scoop out inside. Mash,

add butter, salt and pepper, and milk. Refill shells; bake 5 to 8 minutes in very hot oven (450° F.).

Stuffed Baked Potatoes II

Follow recipe for Stuffed Baked Potatoes I, adding 1 well-beaten egg white to potato mixture before refilling.

Stuffed Potatoes with Cheese

Follow recipe for Stuffed Baked Potatoes I or II, adding ½ cup grated cheese to potato mixture before refilling. Sprinkle top with grated cheese.

Stuffed Potatoes with Peppers

Follow recipe for Stuffed Baked Potatoes I or II, adding to potato mixture 1 tablespoon finely chopped green pepper, cooked 3 minutes in butter.

Anchovied Stuffed Potatoes

Follow recipe for Stuffed Baked Potatoes I or II, adding to potato mixture 6 anchovies, cut in small pieces and seasoned with few gratings nutmeg. Sprinkle with grated cheese before re-baking.

Stuffed Potatoes with Tomato

Follow recipe for Stuffed Baked Potatoes I or II, using 1 tablespoon Tomato Purée (p. 343) in place of milk.

Potatoes à la Suisse

Prepare potatoes as for Baked Stuffed Potatoes I. Slip an egg into each potato shell. Force potato mixture through pastry bag and tube around edge. Bake until eggs are set. Garnish with watercress.

Martinique Potatoes

4 baked potatoes
1½ tablespoons butter
3 tablespoons cream
1 egg yolk, slightly beaten
Salt and pepper
Few gratings nutmeg
1 egg white, beaten to stiff froth

Remove inside of potatoes and force through ricer. Add butter, cream, egg yolk, and seasonings. Cook 3 minutes, stirring constantly. Add egg white gradually. Shape between 2 buttered tablespoons, place on buttered sheet, and bake until delicately browned.

Oven " Fried " Potatoes

Wash, pare, and cut potatoes in eighths, lengthwise. Soak 1 hour in cold water. Dry between towels. Coat with melted butter and bake in hot oven (400° F.) until delicately brown, turning occasionally. Sprinkle with salt. Shake off superfluous salt. Bacon fat may be used in place of butter.

Potato Pancakes

3 medium-sized raw potatoes
1 tablespoon flour
1 tablespoon cream
1 egg
1 teaspoon salt

Grate potatoes, add other ingredients. Stir well. Cook by spoonfuls in heavy frying pan in hot fat.

POTATOES CUT IN SHAPES FOR FRYING IN DEEP FAT

French Fried Potatoes

Wash and pare small potatoes, cut with special potato cutter or cut in eighths lengthwise. Soak 1 hour in cold water to cover. Drain. To reduce time of frying, parboil 2 minutes in boiling salted water to cover. Drain and plunge into cold water. Dry between towels. Fry a few at a time in deep fat (370° F.) until delicately browned, and drain on brown paper. Heat fat to a higher temperature (395° F.), return all potatoes to fat, using frying basket, and fry until crisp and brown, keeping the basket in motion. Again drain on brown paper and sprinkle with salt.

Potato Balls or Marbles

Shape in balls, using French vegetable cutter. Soak 15 minutes in cold water. Dry and fry like French Fried Potatoes.

Shadow Potatoes (Saratoga Chips)

Slice as thinly as possible (using vegetable slicer). Soak 2 hours in cold water, changing water twice. Dry and fry like French Fried Potatoes.

Shredded Potatoes (Julienne)

Cut in matchlike pieces. Soak, dry, and fry like French Fried Potatoes.

Fried Potato Curls

Shape with potato curler or cut in half-inch slices, and cut round and round to make curls. Soak, dry, and fry like French Fried Potatoes.

Fried Potato Cubes

Shape in cubes, soak, dry, parboil, and fry like French Fried Potatoes.

Princess Potatoes

3 cups Fried Potato Cubes
1 cup White Sauce II (p. 344)
1 teaspoon beef extract
½ tablespoon lemon juice
1 teaspoon finely chopped parsley
1 tablespoon butter

Add beef extract, lemon juice, parsley, and butter, bit by bit, to sauce. Add potatoes and serve at once.

Potatoes Rissolée

Soak, dry, and fry small new potatoes like French Fried Potatoes; when delicately brown, drain and bake in hot oven (425° F.) until soft (about 25 minutes). Pour on 1 cup White Sauce II (p. 344) made with milk or cream.

Fried Potato Apples

Choose tiny new potatoes or cut large ones in shape of small crab-apples. Pare, soak, parboil, dry, and fry like French Fried Potatoes. Insert clove to represent blossom end and parsley for stem and leaf. Dust with paprika.

Fried Potatoes, Bourgoyne

3 cups French Fried Potatoes — ¾ tablespoon butter
¾ teaspoon finely cut chives

Melt butter in hot, heavy frying pan. Add chives and potatoes and stir until potatoes have absorbed fat.

O'Brion Potatoes

3 cups Fried Potato Cubes — 1½ tablespoons butter
1 slice onion — 3 canned pimientos, cut in small pieces
Finely chopped parsley

Cook onion in butter 3 minutes. Remove onion and add pimientos to butter. When thoroughly heated, add potatoes. Stir until well mixed; serve sprinkled with parsley.

Potato Croquettes

2 cups hot, riced potatoes — ¼ teaspoon celery salt
2 tablespoons butter — Few grains cayenne
½ teaspoon salt — Few drops onion juice
⅛ teaspoon pepper — 1 egg yolk
1 teaspoon finely chopped parsley

Mix ingredients in order given, and beat thoroughly. Shape, crumb, fry 1 minute, and drain (see Croquettes, p. 474).

French Potato Croquettes

2 cups hot, riced potatoes — 3 egg yolks
2 tablespoons butter — ½ teaspoon salt
Few grains cayenne

Mix ingredients in order given and beat thoroughly. Shape in balls, then in rolls, pointed at ends. Roll in flour; mark in three places on top of each with knife-blade to represent a small French loaf. Fry (see Croquettes, p. 474).

Potatoes, Somerset Style

Shape French Potato Croquette mixture in form of birds; dip in crumbs, egg, and crumbs; insert slices of raw potato cut to represent wings and tail, and cloves to represent eyes. Fry (see Croquettes p. 474).

Piedmont Potato Croquettes

Shape French Potato Croquette mixture in balls (1 tablespoon to each), roll in flour, dip in egg, and roll in blanched and shredded almonds. Fry (see Croquettes, p. 474).

Fried Potato Balls

Omit egg yolk from Potato Croquette mixture. Shape in small balls, roll in flour, and fry (see Croquettes, p. 474).

Potato Apples

2 cups hot, riced potatoes
2 tablespoons butter
⅓ cup grated cheese
½ teaspoon salt
Few grains cayenne
Slight grating nutmeg
2 tablespoons thick cream
2 egg yolks

Mix ingredients in order given and beat thoroughly. Shape in form of small apples, roll in flour, egg, and crumbs, and fry (see Croquettes, p. 474). Insert a clove at both stem and blossom end of each apple.

Potato Fritters

2 cups hot, riced potatoes
2 tablespoons cream
1 teaspoon salt
Few grains cayenne
Few gratings nutmeg
3 eggs, well beaten
2 egg yolks, well beaten
½ cup flour

Add cream and seasonings to potatoes. Add eggs, having bowl containing mixture in pan of ice-water, and beat until cold. Add flour, and when well mixed, drop by spoonfuls in deep fat and fry (see Croquettes, p. 474).

Potato and Spinach Croquettes

2 cups hot, riced potatoes
2 tablespoons butter
2 egg yolks, slightly beaten
¼ cup cooked spinach, finely chopped
Salt and pepper

Mix ingredients. Shape and fry (see Croquettes, p. 474).

Nut and Potato Croquettes

2 cups hot, riced potatoes
3 tablespoons cream
½ teaspoon salt
⅛ teaspoon pepper
Few grains cayenne
Few drops onion juice
1 egg yolk
¼ cup bread crumbs
¼ cup cream
½ egg yolk
¼ teaspoon salt
⅓ cup chopped pecan nut meats

Mix first 7 ingredients and beat thoroughly. Cook bread crumbs with cream to make a thick paste and cool; then add remaining ingredients. Shape potato mixture in nests, fill with nut mixture, cover with potato mixture, roll until of the desired length, and flatten ends. Crumb and fry (see Croquettes, p. 474). Stand in circular form on serving dish and fill center with a bunch of parsley.

SWEET POTATOES

Baked Sweet Potatoes

Follow recipe for Baked Potatoes (p. 363).

Boiled Sweet Potatoes

Follow recipe for Boiled Potatoes (p. 363), cooking about 20 minutes or until soft. It is much easier to peel sweet potatoes after cooking than before.

Mashed Sweet Potatoes

2 cups riced sweet potatoes
3 tablespoons butter
½ teaspoon salt
Hot milk to moisten

Mix ingredients and beat until light.

Mashed Sweet Potatoes de Luxe

Add ½ cup drained, crushed pineapple or ½ cup chopped pecan nut meats to Mashed Sweet Potatoes. Put in buttered baking dish, dot over with marshmallows. Bake in moderately hot oven (375° F.) until marshmallows melt and brown.

Sweet Potatoes, Georgian Style

Put Mashed Sweet Potatoes in buttered baking dish, leaving a rough surface. Boil 2 tablespoons molasses and 1 teaspoon butter 5 minutes and pour over potatoes. Bake in hot oven (400° F.) until delicately brown.

Sweet Potatoes, Southern Style

6 medium-sized sweet potatoes
Salt
2 tablespoons butter
Cream to moisten

Bake potatoes, scoop out inside, and add salt, butter, and cream. If desired, flavor with cooking sherry. Refill skins and bake 5 minutes in hot oven (425° F.).

Franconia Sweet Potatoes

Follow recipe for Franconia Potatoes (p. 367).

Candied Sweet Potatoes

6 boiled sweet potatoes
1 cup brown sugar
½ cup melted butter
Salt

Drain, peel, and cut potatoes in halves lengthwise. Arrange in buttered baking dish, sprinkling each layer with sugar. Pour over butter and sprinkle with salt. Bake 2 hours in slow oven (300° F.). Brown top in broiling oven.

Glazed Sweet Potatoes

6 boiled sweet potatoes
1 cup brown sugar
½ cup water
2 tablespoons butter

Boil sugar and water 5 minutes. Add butter. Pare potatoes, slice, and arrange in buttered baking dish. Pour over ⅓ sirup and bake until brown in moderate oven (350° F.), basting twice with remaining sirup. Maple sirup or canned fruit juice may be used in place of sugar sirup.

Sweet Potatoes au Gratin

5 cups boiled sweet potatoes, sliced
Salt and pepper
3 tablespoons brown sugar
1 tablespoon sugar
Buttered cracker crumbs

Put layer of potatoes in baking dish. Sprinkle with salt, pepper, and sugar. Dot over with butter. Repeat; cover with crumbs. Bake until crumbs are brown.

Sweet Potatoes en Brochette

Wash and pare potatoes, and cut in ⅓-inch slices. Arrange on skewers in groups of 3 or 4, parboil 6 minutes, and drain. Brush over with melted butter, sprinkle with brown sugar, and bake in hot oven (425° F.) until well browned.

Sweet Potato Balls

2 cups hot, riced sweet potatoes
3 tablespoons butter
1 egg, slightly beaten
½ teaspoon salt
Few grains pepper

Combine ingredients, shape in small balls, roll in flour, and fry (see Croquettes, p. 474). If potatoes are very dry, add hot milk to moisten.

Sweet Potato Croquettes

Shape Sweet Potato Balls mixture in croquettes. Dip in crumbs, egg, and crumbs, and fry (see Croquettes, p. 474).

Scalloped Sweet Potatoes and Apples

2 cups boiled sweet potatoes, cut in ¼-inch slices
½ cup brown sugar
1½ cups thinly sliced sour apples
4 tablespoons butter
1 teaspoon salt

Put half the potatoes in buttered baking dish, cover with half the apples, sprinkle with half the sugar, dot over with half the butter, and sprinkle with half the salt. Repeat. Bake 1 hour in moderate oven (350° F.).

Creamed Sweet Potatoes, Club House Style

2 cups cold, boiled sweet potatoes, cubed
2 tablespoons butter
½ teaspoon salt
⅛ teaspoon black pepper
Few grains paprika
2 tablespoons flour
1 cup top milk

Cook potatoes with butter 3 minutes. Add seasonings, sprinkle with flour, and pour on milk. Cook very slowly 20 minutes.

WAYS TO USE COOKED POTATOES

Potato Cakes

Shape cold mashed potato in small cakes and roll in flour. Butter hot omelet pan, put in cakes, brown one side, turn, and brown other side, adding butter as needed to prevent burning; or pack potato in small buttered pan as soon as it comes from table and set aside until ready for use. Turn from pan, cut in slices, roll in flour, and cook as above.

Creamed Potatoes

1¼ cups cold, boiled potatoes, cubed
2 cups White Sauce II (p. 344)

Add potatoes to sauce. Let stand 30 minutes in double boiler. Add, if desired, chopped green pepper cooked 5 minutes in butter, pimiento cut in small pieces, chopped parsley, or grated cheese.

Potatoes à l'Antlers

2 cups boiled potatoes, cubed
2 tablespoons butter
Salt and paprika
1 cup cream

Put potatoes and butter in saucepan. Sprinkle with salt and paprika. Add cream, cook slowly 40 minutes.

Curried Potatoes

¼ cup butter
1 small onion, finely chopped
3 cups cold, boiled potato cubes
½ to ¾ cup Chicken Stock (p. 154)
½ tablespoon curry powder
½ tablespoon lemon juice
Salt and pepper

Cook onion in butter until yellow. Add potatoes and cook until butter is absorbed. Add stock and seasonings. Cook until potatoes have absorbed stock.

Potatoes à la Goldenrod

2 cups cold, boiled potatoes, cubed
4 hard-cooked eggs
1½ cups White Sauce II (p. 344)

Chop egg whites. Force egg yolks through strainer or ricer. Add potatoes and egg whites to sauce. Sprinkle with yolks and garnish with parsley.

Potatoes au Gratin

Put Creamed Potatoes in buttered baking dish, cover with buttered crumbs, and bake until crumbs are brown.

Delmonico Potatoes

To Potatoes au Gratin add ⅓ cup grated mild cheese, arranging potatoes and cheese in alternate layers before covering with crumbs.

Hashed Brown Potatoes

2 cups cold, boiled potatoes, finely chopped
⅛ teaspoon pepper
Salt
⅓ cup bacon fat or fat tried out from fat salt pork

Mix thoroughly. Cook 3 minutes, stirring constantly. Brown, fold like an omelet. Add chopped green pepper, if desired.

Cottage-fried Potatoes

Dice or slice cold, boiled potatoes. Season with salt and pepper. Brown both sides in well-greased, heavy frying pan.

Chartreuse Potatoes

Cut cold, boiled potatoes in ¼-inch slices, sprinkle with salt, pepper, and a few drops onion juice, put slices together in pairs, dip in Batter I (p. 470), fry in deep fat (395° F.), and drain on brown paper.

Lyonnaise Potatoes I

3 tablespoons butter
1 small onion, thinly sliced
3 cold, boiled potatoes, sliced
Salt and pepper

Cook onion in butter 5 minutes. Add potatoes, sprinkle with salt and pepper, and stir until well mixed. Cover and cook slowly until potato is brown underneath, fold, and turn on to hot platter. Potatoes brown better if 2 tablespoons Brown Stock (p. 144) are added. Sprinkle with finely chopped parsley, if desired.

Lyonnaise Potatoes II

2 cups cold, boiled potatoes, sliced
1 tablespoon finely chopped onion
3½ tablespoons butter
Salt and pepper
½ tablespoon finely chopped parsley

Cook onion in 1½ tablespoons butter. Melt remaining butter, add salt, pepper, and potatoes, and cook until butter is absorbed, occasionally shaking pan. Add onion and when well-mixed, parsley.

Oak Hill Potatoes

4 cold, boiled potatoes, sliced
6 hard-cooked eggs, sliced
Salt and pepper
White Sauce I (p. 343)
Buttered cracker crumbs

Put layer of potatoes in buttered baking pan, sprinkle with salt and pepper, cover with layer of eggs. Repeat and pour over sauce. Cover with crumbs and bake until crumbs are brown.

Alphonso Potatoes

2 cups cold, cooked potatoes, cubed
1 green pepper
¾ cup milk
½ teaspoon salt
1½ tablespoons grated Parmesan cheese

Remove seeds from pepper. Parboil pepper 6 minutes. Cut in ⅛-inch squares. Add to potato with milk and salt. Simmer 15 minutes. Put in buttered baking dish. Sprinkle with cheese. Bake 10 minutes.

CHAPTER 27

VEGETABLES

All vegetables should be thoroughly washed in cold water before cooking. A small brush is a help in cleaning other than the leafy vegetables.

VEGETABLES

BROCCOLI. SAVOY CABBAGE. SALSIFY.
CARDOON. FENNEL

Use only as much water in cooking as is absolutely necessary to prevent burning. Use boiling water. Add salt when vegetables are half done. *Retain the cooking water since it contains valuable vitamins which would otherwise be lost.* Avoid the use of soda.

Vegetables may be cooked in boiling water, steamed over boiling water, cooked in a pressure cooker, or in the oven in covered dishes with a small amount of water. The pressure cooker is the quickest method, reducing the time by fifty per cent. or more, according to the pressure used. Directions are supplied with each pressure cooker. Oven

cooking is often an economy, since the vegetables may be cooked while roasting or baking of other foods is going on. Any temperature from 250° F.–500° F. may be used.

Time for cooking the same vegetables varies according to freshness and age. Therefore, time-tables for cooking serve only as guides.

In cooking onions or other strong-juiced vegetables, place a thick slice of bread in the kettle to absorb some of the odor. Wrap bread in cheesecloth so that it may be removed easily.

TIME-TABLE FOR COOKING VEGETABLES

(BOILED OR STEAMED)

Artichokes, French	25–40 minutes	Dasheens	25–35 minutes
Artichokes, Jerusalem	25–35 minutes	† Eggplant	15–20 minutes
		Endive	10 minutes
Asparagus	15–30 minutes	* Fennel	20–45 minutes
* Beans, string	30 min.–1 hour	Greens	20–40 minutes
Beans, Lima	30–45 minutes	Kale	25–30 minutes
Beets, young	35–60 minutes	Kohl-rabi	25–45 minutes
* Beets, old	3–4 hours	Leeks	15–35 minutes
Broccoli	15–30 minutes	Lentils	3–4 hours
Brussels Sprouts	15–30 minutes	Marrow, vegetable	15–20 minutes
Cabbage	10–20 minutes or 1 hour	Okra	20–40 minutes
		* Onions	20–45 minutes
Carrots, young, whole	20 minutes	Oysterplant or Salsify	45–60 minutes
* Carrots, old, sliced	20–30 minutes	* Parsnips	30–45 minutes
		Peas	15–40 minutes
Cauliflower in flowerets,	8–10 minutes	Peppers, green	5 minutes
		Radishes	20 minutes
whole	20–30 minutes	Salsify (see Oysterplant)	
Celeriac	15–20 minutes		
Celery	20–35 minutes	Spinach	15–25 minutes
Chayote	20–35 minutes	Squash, summer	15–20 minutes
Corn, green	10–20 minutes	† Squash, winter	30–40 minutes
Cucumbers	10–15 minutes	† Tomatoes	15–25 minutes
Chard, Swiss	20–40 minutes	* Turnips	20–35 minutes

* Or until tender

† Baked, see recipes

Boiled Artichokes (French or Globe)

Allow 1 to a person. Cut off stem close to leaves, remove outside leaves, cut off 1 inch from top. Tie with string to keep shape. Soak ½ hour in cold water. Drain and cook in boiling, salted, acidulated water 25 minutes to 1 hour, according to size. Drain upside down, remove string, and cut out choke (the thistlelike portion inside the artichoke). Serve with melted butter, Béchamel (p. 346), Hollandaise (p. 356), Vinaigrette (p. 361), or Béarnaise (p. 357) sauce.

Fried Artichokes

Cut Boiled Artichokes in quarters, sprinkle with salt, pepper, and finely chopped parsley. Dip in Batter I (p. 470), fry in deep fat (390° F.), and drain. In preparing, trim off tops of leaves closer than when served as Boiled Artichokes, or fry bottoms only.

Artichoke Bottoms

Remove all leaves and choke. Trim and cook until soft in boiling, salted, acidulated water. Serve with Hollandaise (p. 356), or Béchamel Sauce (p. 346).

Sautéed Artichoke Bottoms

Wash and drain fresh or canned bottoms. Fry (sauté) in butter until delicately brown on both sides. Sprinkle with salt, pepper, and lemon juice.

Stuffed Artichokes

Prepare and cook like Boiled Artichokes, having them slightly underdone. Remove choke and fill with Chicken Forcemeat I or II (p. 186), and bake 30 minutes in moderate oven (350° F.), basting twice with White Sauce I (p. 343). Remove to serving dish and pour on White Sauce I.

Jerusalem Artichokes

Wash and pare 1 pound (for 6 persons). Cook whole or sliced in boiling, salted water until soft (15 to 35 minutes). Drain, add ¼ cup butter, 2 tablespoons lemon juice, 2 tablespoons finely chopped parsley, ¼ teaspoon salt, and few grains cayenne. Cook 3 minutes.

Boiled Asparagus

Allow a 2-pound bunch for 6 persons. Cut off lower parts of stalks as far down as they will snap, wash, remove scales, and retie bunch. Cook, standing upright, in boiling, salted water 15 minutes or until soft, leaving tips out of water first 10 minutes. Drain, remove string, and spread with soft butter, or pour on melted butter, Beurre Noir (p. 358), Hollandaise (p. 356), or Mousselaine Sauce (p. 348). Serve on buttered or Milk Toast, with or without sauce.

If desired, cut in inch pieces for boiling, cooking tips a shorter time. Pour melted butter over tips.

Creamed Asparagus

Serve boiled asparagus (cut in inch pieces) in White Sauce II (p. 344) or Cheese Sauce (p. 345).

Arlington Asparagus

Arrange boiled asparagus stalks through rings (⅓ inch wide) cut from peel of a lemon. Remove crusts from oblong pieces of buttered toast, moisten with water in which asparagus was cooked, and place asparagus on toast. Brush lemon rings with melted butter; place in oven to reheat asparagus, and arrange on serving dish.

Asparagus in Crusts

Remove centers from small rolls, fry crusts in deep fat, drain, and fill with Creamed Asparagus.

Asparagus au Gratin

Arrange Creamed Asparagus in buttered baking dish. Sprinkle with buttered crumbs and bake until crumbs are brown. Grated cheese may be mixed with crumbs.

String Beans

Select beans as nearly stringless as possible. Test by gently pulling off tip end. One pound serves 4. Remove ends and strings, snap or cut in inch pieces. Wash, cook in boiling water 20 minutes to 1 hour, or until soft, adding salt when half done. Drain, season with butter and salt. If desired, cook with small piece of ham, bacon, or salt pork.

String Beans with Cheese

Put thoroughly drained, boiled, or canned string beans in buttered baking dish; season with salt and cayenne; add ½ cup grated cheese, 1 tablespoon butter, and ¼ cup heavy cream. Stir until well mixed. Sprinkle with grated cheese and dot over with 1 tablespoon grated cheese. Reheat in hot oven (400° F.).

Shell Beans (Lima, Kidney, etc.)

Wash and cook in boiling water from 1 to 1½ hours, adding salt last half hour of cooking. Cook in sufficiently small quantity of water so that there may be none left to drain off when beans are cooked. Season with butter and salt.

Cream of Lima Beans (Dried)

Soak 1 cup dried beans overnight, drain, and cook in boiling, salted water until soft. Drain, add ¾ cup cream. Season with butter and salt. Reheat before serving. Dried Lima beans may be cooked without soaking.

Boston Baked Beans, etc. (p. 100)

Boiled Beets

Select beets with fresh leaves. One pound serves 5. Cook whole in boiling water, with or without salt. Young beets require 30 to 45 minutes, older ones 1 to 4 hours. Very old, woody beets will never cook tender. Drain, put in cold water, and rub off skins. Serve whole, quartered, or sliced, with butter.

Sugared Beets

4 hot, boiled beets	1½ tablespoons sugar
3 tablespoons butter	½ teaspoon salt

Cut beets in thin slices, add butter, sugar, and salt; reheat for serving.

Pickled Beets

Slice cold, boiled beets and cover with vinegar.

Beets, Sour Sauce

Boiled Beets, cubed
2 tablespoons butter
2 tablespoons flour
½ cup water, in which beets were cooked
¼ cup vinegar
¼ cup cream
1 teaspoon sugar
½ teaspoon salt
Few grains pepper

Melt butter, add flour, and pour on beet water. Add other ingredients and reheat beets in sauce.

Harvard Beets

12 small beets, cooked and cut in slices, cubes, or fancy shapes
½ cup sugar
½ tablespoon cornstarch
¼ cup water
¼ cup vinegar
2 tablespoons butter

Mix sugar and cornstarch. Add vinegar and water and boil 5 minutes. Add beets and let stand over low heat 30 minutes. Just before serving, bring to boiling point and add butter.

Beet Greens

Cook like Spinach (p. 407).

Broccoli

Select stalks with dark green, tightly closed buds. Cut off tough part of stalk and coarse leaves. If stalks are too large for individual portions, split to make of attractive size and shape. One pound serves 4.

Steam or cook, uncovered, in boiling water 15 to 30 minutes. Add salt last 5 minutes of cooking. Do not overcook.

Serve with melted butter, Hollandaise (p. 356) or White Sauce I (p. 343).

Brussels Sprouts

Select light green, compact heads. One quart serves 6. Remove wilted leaves and soak 15 minutes in cold water. Drain and cook, uncovered, 20 minutes in boiling water. Add salt last 10 minutes. Drain and serve in White Sauce II (p. 344), or serve with melted butter or Hollandaise (p. 356).

Brussels Sprouts and Celery

1 quart boiled Brussels Sprouts
1½ cups celery, cut in pieces
3 tablespoons butter
3 tablespoons flour
1½ cups scalded milk

Melt butter, add celery, cook 2 minutes. Add flour and milk gradually. Bring to boiling point, add sprouts, and season. If desired, turn mixture into buttered baking dish, cover with buttered crumbs, and bake in hot oven (400° F.) until crumbs are brown.

Brussels Sprouts with Chestnuts

1 quart boiled Brussels Sprouts, fried (sautéed) in butter
1 cup boiled French chestnuts (p. 390)
¼ cup butter
2 teaspoons sugar
⅓ cup Brown Stock (p. 144)
½ teaspoon beef extract
½ teaspoon salt
Few grains cayenne

Cook butter and sugar until well browned, stirring constantly. Add chestnuts, cook until brown. Add sprouts, stock, and seasonings.

Boiled Cabbage

Take off outside leaves, cut in quarters, remove tough stalk. Chop or not, as desired. Soak in cold, salted water 20 minutes. To retain full food value, cook in small amount of boiling salted water 15 to 30 minutes if quartered, 8 to 10 minutes if chopped. Do not overcook.

To cook by the old-fashioned method, cook 50 to 60 minutes or until soft. Drain, season with butter, salt, and pepper.

Creamed Cabbage

Add White Sauce II (p. 344) to chopped or shredded Boiled Cabbage.

Scalloped Cabbage

Put Creamed Cabbage in buttered baking dish. Cover with buttered crumbs. Bake until brown. If desired, add grated cheese to sauce and crumbs.

Smothered Cabbage

5 cups finely chopped, raw cabbage
5 tablespoons butter
2 tablespoons flour
1 cup milk
2 teaspoons salt
¼ teaspoon pepper

Melt butter in heavy frying pan, add flour, and stir until well blended. Add milk gradually, while stirring constantly. Bring to boiling point, season, and add cabbage. Mix thoroughly, cover, and cook over very slow heat 50 to 60 minutes.

German Cabbage

4 cups red cabbage, sliced and soaked 20 minutes in cold water
2 tablespoons butter
½ teaspoon salt
1 tablespoon finely chopped onion
Few gratings nutmeg
Few grains cayenne
2 tablespoons vinegar
½ tablespoon sugar

Cook cabbage, covered, with other ingredients except vinegar and sugar, until tender. Add vinegar and sugar. Cook 5 minutes.

Sweet and Sour Cabbage

4 cups shredded red cabbage
Salt and pepper
2 sour apples, sliced or diced
1 small onion, sliced
3 tablespoons bacon fat or Fat salt pork
1 cup water or stock
3 tablespoons vinegar
1 tablespoon brown sugar
¼ teaspoon allspice
2 cloves

Brown onion slightly in fat, add water or stock, cabbage, and apple. Cover and cook slowly. When nearly done, add vinegar, sugar, and spices.

Cole Slaw

Shred cabbage, soak in cold water until crisp; drain, dry between towels, and mix with Cream Dressing I (p. 464) or Cooked Dressing (p. 464).

Hot Slaw

½ cabbage, shredded
2 egg yolks, slightly beaten
¼ cup cold water
1 tablespoon butter
¼ cup hot vinegar
½ teaspoon salt

Mix egg yolks, cold water, butter, vinegar, and salt. Cook over hot water, stirring constantly, until thickened. Add cabbage and serve when heated.

Chinese Cabbage and Tomatoes

5 cups shredded Chinese cabbage
½ cup tomatoes, cooked or canned
Salt and pepper
1 small onion, finely chopped

Cook cabbage 10 minutes in boiling salted water. Drain, add tomatoes and onion, and season. Cook until tender (about 20 minutes).

Boiled Sauerkraut

1 pound sauerkraut
½ teaspoon salt
¼ teaspoon caraway seed
Few grains black pepper

Drain kraut. Cover with boiling water. Cook 35 minutes. Drain and season.

Boiled Carrots

Wash and scrape. Cook whole, sliced, or cut in fancy shapes, in boiling, salted water or stock, until tender (15 to 20 minutes for young carrots, 30 to 60 for old ones). Season with butter, salt, and pepper, and if desired, a trace of sugar. Water drained from carrots may replace Chicken Stock in many soups and sauces.

Carrots and Peas

Wash, scrape, and cut young carrots in small cubes or fancy shapes; cook until soft in boiling, salted water or stock. Drain, add an equal quantity of cooked green peas, and season with butter, salt, and pepper.

Mint Glazed Carrots with Peas

3 medium-sized carrots
½ cup butter
½ cup sugar
1 tablespoon chopped, fresh mint leaves
2 cups peas, cooked or canned
Butter, salt, and pepper

Wash, scrape, and cut carrots in ¼-inch slices, then in strips or fancy shapes. Cook 15 minutes in boiling, salted water. Drain. Cook slowly with butter, sugar, and mint, until soft and glazed. Add peas. Season with butter, salt, and pepper.

Carrots, Poulette

Wash, scrape, and cut carrots in strips, cubes, or fancy shapes; cover with boiling water; let stand 5 minutes; drain; cook in boiling, salted water, to which is added ½ tablespoon butter, until soft. Reheat in Suprême Sauce (p. 347) made with carrot water instead of stock.

Carrot Timbales

2 cups sliced carrot
1 tablespoon butter
Boiling water or stock
1 egg
1 egg white, slightly beaten
Salt and pepper
1 hard-cooked egg

Cook carrot in butter 10 minutes, stirring constantly. Add stock or water to cover. Cook until soft. Drain and force through purée strainer. Add egg and egg white and season. Garnish small, buttered molds with cooked egg, cut in fancy shapes. Fill ⅔ full of carrot mixture, set in pan of hot water, cover with buttered paper, and bake 45 minutes in moderate oven (350° F.).

Creamed Carrots and Celery

Reheat cooked carrots, cut in tiny cubes, and finely cut cooked celery in White Sauce II (p. 344).

Boiled or Steamed Cauliflower

Choose white head with fresh green leaves. A medium-sized head serves 6. Remove leaves, cut off stalk, and soak 30 minutes (head down) in cold water. Steam or cook (head up) in boiling salted water until soft (about 20 minutes). Drain, serve whole, or separate into flowerets. Serve with melted butter, Hollandaise (p. 356), or Mousselaine Sauce (p. 348).

Creamed Cauliflower

Reheat Boiled Cauliflower, separated into flowerets, in White Sauce II (p. 344).

Cauliflower au Gratin

Place a whole, cooked cauliflower on a dish for serving, cover with buttered crumbs, and place in oven to brown crumbs; remove and pour over it 1 cup White Sauce II (p. 344). If desired, sprinkle with grated cheese before covering with crumbs.

Cauliflower with Mushrooms

1 head cauliflower, boiled
1 cup mushrooms, fresh or canned, chopped
4 tablespoons butter
2 tablespoons flour
½ cup cream or milk
Salt and pepper

Separate cauliflower into flowerets. Melt 2 tablespoons butter; add 1 cup mushroom liquor from can or water. Add mushrooms and simmer 5 minutes and add cream. Melt remaining butter, add flour, and pour on mushroom mixture. Stir, bring to boiling point, and season. Pour over cauliflower.

Cauliflower Allemande

Drain a cooked cauliflower, place in baking dish, cover with Allemande Sauce (p. 348), sprinkle with ¼ cup grated Parmesan cheese, and bake until cheese is melted.

Cauliflower Polonaise

1 cauliflower
2 cups milk
1 tablespoon salt
Yolks 2 hard-cooked eggs
1 tablespoon finely chopped parsley
⅓ cup coarse bread crumbs, cooked in butter until delicately browned

Cook cauliflower in 1 quart boiling water to which has been added milk and salt. Drain. Force egg yolks through purée strainer, add parsley and crumbs, and sprinkle over cauliflower.

Boiled Celeriac

Scrub thoroughly, scrape, or pare. Slice lengthwise, or, if small, leave whole. Steam or cook in boiling, salted water 15 to 20 minutes. Serve with melted butter.

Boiled Celery

Wash, scrape, cut in inch pieces. Cook 8 to 20 minutes, or until soft, in boiling, salted water. Drain. Pour on melted butter.

Celery in White Sauce (Creamed Celery)

To 2 cups cooked celery, add 1 cup White Sauce II (p. 344).

Braised Celery

Wash, scrape, cut in 3-inch pieces. Dry thoroughly. Fry (sauté) slowly in butter until browned. Add few tablespoons hot water or stock to liquid in pan, season, and pour over celery.

Swiss Chard

Cook like Spinach (p. 407). Stems may be cooked separately and served like asparagus.

Chayote

Peel before or after cooking. Cut in halves or quarters. Steam or boil 20 to 35 minutes. Serve with melted butter.

To Shell Chestnuts

Cut a half-inch gash on flat side. Put in heavy pan. Add ½ teaspoon oil or butter to each cup of nuts. Shake over fire 5 minutes. Set in oven 5 minutes. Take from oven and remove shells and skins with sharp knife.

Boiled or Steamed Chestnuts

Shell, cover with boiling, salted water. Cook gently 15 to 20 minutes, or steam 45 minutes. Sliced tart apples may be steamed and served with chestnuts.

Riced Chestnuts

Force boiled or steamed chestnuts through ricer. Pile lightly on serving dish.

Chestnut Purée

Remove shells from chestnuts, cook until soft in boiling, salted water; drain, mash, moisten with scalded milk, season with salt and pepper, and beat until light.

Baked Chestnuts (en Casserole)

3 cups chestnuts, shelled
3 cups highly seasoned Chicken Stock (p. 154)
2 tablespoons butter
1½ tablespoons flour

Put chestnuts in casserole dish. Pour stock over, cover, and bake 3 hours in slow oven (275° F.). Thicken with butter and flour cooked together.

Braised Chestnuts

Shell, place in casserole, barely cover with stock. Cover, bake about 45 minutes in moderate oven (350° F.). Uncover last 10 minutes. There should be small quantity of stock in dish to serve with chestnuts.

Sautéed Chestnuts

Fry (sauté) boiled chestnuts in butter. Serve as garnish for meat or on toast.

Boiled Green Corn

Remove husks and silky threads. Cook 10 to 20 minutes in boiling water. Place on platter covered with napkin and draw corners of

napkin over corn. If desired, cut from cob and season with butter and salt.

Succotash

Cut hot, boiled corn from cob, add equal quantity of hot, boiled shelled beans; season with butter and salt; reheat before serving.

Corn Oysters I

1 cup raw corn, grated from cobs
1 egg, well-beaten
¼ cup flour or ½ cup, if to be fried in deep fat
Salt and pepper

Drain corn thoroughly, add other ingredients. Drop by spoonfuls and fry in deep fat (370° F.) or cook on hot, well-greased griddle. They should be size of large oysters.

Corn Oysters II

2 cups canned corn
1½ teaspoons salt
⅛ teaspoon pepper
2 tablespoons milk
¾ cup cracker crumbs
1 egg, well beaten

Put corn in saucepan, bring to boiling point, and simmer 15 minutes. Add remaining ingredients and drop by spoonfuls on hot, heavy frying pan, which contains a small quantity of bacon fat. Brown on one side, turn, and brown other side.

Corn Fritters

1 cup canned corn
⅝ cup flour
½ teaspoon baking powder
½ teaspoon salt
Few grains paprika
1 egg

Chop corn, drain, add dry ingredients mixed and sifted. Add egg yolk, beaten until thick. Fold in egg white, beaten until stiff. Drop by spoonfuls and fry in deep fat (370° F.). Drain on paper.

Corn à la Southern

2 cups chopped canned corn
2 eggs, slightly beaten
1½ tablespoons melted butter
2 cups scalded milk

Combine ingredients. Bake in buttered baking dish in slow oven (325° F.) until firm.

Mock Crabs

4 tablespoons butter
½ cup flour
1½ teaspoons salt
¾ teaspoon mustard
¼ teaspoon paprika
1½ cups scalded milk
1 can corn, chopped
1 egg, slightly beaten
3 teaspoons Worcestershire Sauce
1 cup buttered cracker crumbs

Melt butter, add flour mixed with dry seasonings, and pour on milk gradually. Add corn, egg, and Worcestershire Sauce. Pour into buttered baking dish, cover with crumbs, and bake until crumbs are brown in moderate oven (350° F.).

Corn Soufflé

2 cups canned corn
1 tablespoon butter
2 tablespoons flour
1 cup milk
1¼ teaspoons salt
Few grains pepper
2 eggs

Melt butter, add flour and milk gradually. Stir and bring to boiling point; add corn, seasonings, egg yolks beaten until thick and lemon-colored, and egg whites beaten until stiff. Turn into buttered dish and bake 25 to 30 minutes in moderate oven (350° F.).

Scalloped Corn

1 small green pepper
½ onion, finely chopped
2 tablespoons butter
2 tablespoons flour
1 teaspoon salt
¼ teaspoon paprika
¼ teaspoon mustard
Few grains cayenne
½ cup milk
1 cup canned corn
1 egg yolk
½ cup dried bread
1 tablespoon butter
⅔ cup buttered cracker crumbs

Wipe pepper, cut in halves lengthwise, and remove seeds. Cut in thin strips, and strips in halves, crosswise. Cook pepper, onion, and butter 5 minutes, stirring constantly. Add flour, mixed with seasonings, and stir until well blended. Add milk gradually, while stirring constantly. Stir and bring to boiling point, add corn, egg yolk, and bread broken in small pieces and cooked with 1 tablespoon butter until well browned. Turn into buttered baking dish, cover with buttered crumbs, and bake in hot oven (400° F.) until crumbs are brown.

Richmond Corn Cakes

¾ cup canned corn
½ cup milk
½ tablespoon sugar
2 eggs, well beaten
⅞ cup flour
1 tablespoon baking powder
½ teaspoon salt

To corn add milk, sugar, and eggs. Mix and sift flour, baking powder, and salt. Combine mixtures, drop by tablespoons in buttered muffin pans. Bake in moderate oven (350° F.).

Corn Toast

¼ tablespoon finely chopped onion
1½ tablespoons butter
1 cup canned corn
1 pint thin cream
½ teaspoon salt
¼ teaspoon paprika
6 slices toast

Cook onion with butter 2 minutes, stirring constantly. Add corn, cream, and seasonings, bring to boiling point, and simmer 5 minutes. Pour over toast from which crusts have been removed. Garnish with toast points.

Boiled Cucumbers

Pare, cut in pieces, cook 10 minutes, or until soft, in small amount of salted water. Mash and season with butter, pepper, and salt. If desired, cook in Chicken Stock (p. 154).

Fried Cucumbers

Wipe, pare, and cut lengthwise in ⅓-inch slices. Dry between towels, sprinkle with salt and pepper, dip in crumbs, egg, and crumbs again, fry in deep fat (390° F.), and drain.

Stuffed Cucumbers

3 cucumbers
Chicken Forcemeat I or II (p. 186)
Chicken Stock (p. 154)
Circular slices of dry toast
1½ cups Béchamel Sauce (p. 346)

Wipe and pare cucumbers. Cut in halves crosswise, remove seeds, and soak in cold water 30 minutes. Drain, wipe, and fill with forcemeat. Veal may be used in place of chicken. Place upright on trivet in saucepan. Add stock to half cover cucumbers, and cook 40 minutes, covered. Serve on toast with Béchamel Sauce.

Baked Stuffed Cucumbers

2 cucumbers
4 tablespoons bread crumbs
4 tablespoons finely chopped cooked ham
2 tablespoons grated Parmesan cheese
Tomato Sauce (p. 352)
Salt, pepper, and cayenne
White Stock (p. 153)
Buttered bread crumbs

Wipe and pare cucumbers, cut in 2-inch pieces, crosswise, removing seeds. Mix crumbs, ham, and cheese. Moisten with sauce and season. Put cucumber cups in shallow pan, fill with mixture, surround with stock, and bake 30 minutes in moderate oven (350° F.). Cover with buttered crumbs, bake until brown.

Dandelion Greens

Cook like Spinach (p. 407), adding small amount of water if necessary. Serve with vinegar.

VEGETABLES

FRENCH ARTICHOKE
DES MOINES SQUASH. JERUSALEM ARTICHOKE.
DASHEENS. OKRA. CELERIAC.

Dasheens

Cook like potato. If scraped before cooking, add 1 teaspoon soda to water in which scraping is done to prevent irritating hands.

Baked Dasheens

Wash thoroughly, parboil 10 to 15 minutes, and bake in moderately hot oven (375° F.). Serve with butter.

Riced Dasheens

Boil in skins. Peel and rice. Season with plenty of butter, salt, and pepper.

Fried Eggplant I

Pare, cut in thick or thin slices. Sprinkle with salt and pepper. Dredge with flour and fry (sauté) slowly in butter until crisp and brown.

Fried Eggplant II

Pare, cut in ¼-inch slices. Sprinkle with salt and pepper, dip in Batter I (p. 470), or dip in flour, egg, and crumbs, and fry in deep fat (370° F.).

Eggplant and Okra

1 eggplant, peeled and cubed
1 onion, sliced
3 tomatoes, quartered
12 okra pods, sliced
Salt and pepper
1 tablespoon finely chopped parsley

Cook eggplant, onion, tomatoes, and okra with salt and pepper 30 minutes. Sprinkle with chopped parsley.

Eggplant Timbales

1 eggplant, pared and cut in ¼-inch slices
¼ cup butter
½ cup soft, stale bread crumbs
2 eggs, well beaten
Few drops onion juice
½ teaspoon salt
⅛ teaspoon pepper
Canned pimientos
Buttered crumbs
Parsley

Cook egg plant in boiling, salted water until soft. Drain thoroughly, mash, and add butter, crumbs, egg, onion juice, salt, and pepper. Line small buttered molds with pimientos. Fill with mixture, sprinkle with buttered crumbs, and bake 15 minutes in moderately hot oven (375° F.). Remove from molds and garnish with parsley. Eggplant mixture may be baked in baking dish.

Baked Stuffed Eggplant I

1 eggplant
1 cup soft, stale bread crumbs
2 tablespoons butter or 3 slices bacon, tried out
½ tablespoon finely chopped onion
Salt and pepper
1 egg, well beaten
Buttered bread crumbs

Cook eggplant 15 minutes in boiling, salted water to cover. Cut slice from top and carefully remove pulp with spoon, taking care not to break skin. Chop and add crumbs. Cook onion with butter or bacon fat 5 minutes. Add to pulp, season and, if necessary, moisten with a little stock or water. Cook 5 minutes, cool, and add egg. Refill egg plant, cover with buttered crumbs, and bake 25 minutes in moderately hot oven (375° F.).

Baked Stuffed Eggplant II

1 eggplant
1½ cups ham stock or water
¾ cup coarse, dried bread crumbs
¼ cup melted butter
1 teaspoon lemon juice
½ teaspoon salt
1 egg, slightly beaten
Buttered crumbs

Wipe eggplant, cut in quarters, lengthwise. Remove pulp close to skin, leaving thin shells. Force pulp through food chopper. Drain. Add stock or water, boil 20 minutes. Add crumbs, butter, lemon juice, salt, and egg. Fill shells, sprinkle with buttered crumbs, bake 15 minutes in moderately hot oven (375° F.).

Eggplant Turque

3 small egg plants, cut in halves, lengthwise
2 tablespoons olive or other salad oil
1 tablespoon finely chopped onion
3 tablespoons uncooked rice
½ clove garlic, finely chopped
1 cup Tomato Sauce I (p. 352)
½ teaspoon salt
¼ teaspoon grated nutmeg
2 egg yolks, slightly beaten
Buttered crumbs

Fry eggplants in deep fat 12 minutes. Drain. Scoop out inside and chop finely. Cook onion in hot oil 5 minutes. Add rice and garlic and cook 5 minutes. Add eggplant, Tomato Sauce, salt, and nutmeg. Bake 45 minutes in moderately hot oven (375° F.). Add egg yolks and stuff eggplant shells with mixture. Cover with buttered crumbs and bake until crumbs are brown.

Scalloped Eggplant

1 eggplant, pared and cut in ⅔-inch cubes
2 tablespoons butter
½ onion, finely chopped
¾ tablespoon finely chopped parsley

Cook eggplant in small amount of boiling water until soft. Drain. Cook onion in butter until yellow, add parsley and eggplant. Put in buttered baking dish. Cover with buttered crumbs. Bake in moderately hot oven (375° F.) until crumbs are brown.

Fennel

Peel and slice bulb and as much of stalk as is tender. Wash, drain, cook in boiling, salted water until tender (25 to 45 minutes). Sprinkle with salt and pepper and melted butter or olive oil.

Boiled Greens

Wash in seven waters, first two rather warm, to release sand. Steam or cook until tender in just enough boiling, salted water to prevent burning. Drain if necessary. Season with butter, pepper, and salt.

Kale

Clean, cut off root and heavy part of leaf. Wash in cold water and cook in boiling water until tender (25 to 30 minutes). Drain, chop, and season with butter, salt, and pepper.

Kohl-rabi

Select small, pale green bulb. Allow 1 to a person. Cut off tops, peel, slice, or quarter. Cook, uncovered, in boiling, salted water. Drain thoroughly, season with melted butter, salt, and pepper.

Leeks on Toast

Wash and trim, cook in boiling, salted water until soft (about 15 minutes). Drain, arrange on buttered toast. Pour on melted butter, seasoned with salt and pepper.

Leeks au Gratin

8 stalks cooked leeks
6 tablespoons grated cheese
Salt and pepper

Arrange leeks in baking dish, sprinkle with salt, pepper, and cheese. Run under broiler to melt cheese.

Dried Lentils

Prepare like Cream of Lima Beans (p. 383). Cook 3 to 4 hours.

Braised Lettuce

6 small lettuce hearts or
2 large hearts, quartered
1 tablespoon lemon juice
3 tablespoons butter
Salt and pepper
Few gratings nutmeg

Soak lettuce in cold water 1 hour. Tie in shape with string. Cook 10 minutes in boiling, salted water. Drain and cut off string. Melt butter in heavy frying pan, add lettuce, season, and cook slowly 35 minutes. Pour lemon juice over lettuce.

Vegetable Marrow

Cook like Summer Squash (p. 410), of which it is a variety.

Creamed Mushrooms

1 pound mushrooms
5 tablespoons butter
½ teaspoon salt
Few grains pepper
1½ tablespoons flour
½ cup thin cream

Brush mushrooms and slice thinly. Melt butter, add mushrooms, and cook 3 minutes. Sprinkle with salt and pepper, dredge with flour, and add cream. Cook 5 minutes, stirring constantly.

Stewed Mushrooms

½ pound mushrooms
3 tablespoons butter
Salt and pepper
Flour for dredging
½ to 1 cup hot water or stock

Brush mushrooms. Remove stems, scrape, and cut in pieces. Peel caps or not and break in pieces. Melt butter, add mushrooms, cook 2 minutes. Sprinkle with salt and pepper, dredge with flour, and add water or stock. Cook slowly 5 minutes. A few gratings nutmeg may be added.

Sautéed Mushrooms

1 cup mushrooms, broken in pieces
Flour for dredging
2 tablespoons butter
Few drops onion juice
¼ teaspoon salt
Few grains pepper
1 teaspoon finely chopped parsley
Dry toast

Dredge mushrooms with flour. Melt butter in hot, heavy frying pan. Add mushrooms, onion juice, salt and pepper, and cook 5 minutes. Add parsley and water. Cook 2 minutes. Serve on toast.

Mushrooms à la Sabine

½ pound mushrooms
Salt and pepper
Flour for dredging
2 tablespoons butter
1⅓ cups Brown Sauce I (p. 350)
3 tablespoons grated cheese
Toast
Parsley

Brush, remove stems, and peel caps. Sprinkle with salt and pepper, dredge with flour. Cook 3 minutes with butter in heavy frying pan. Add Brown Sauce and cook slowly 5 minutes. Add cheese. When cheese melts, arrange mushrooms on toast and pour on sauce. Garnish with parsley.

Mushroom and Tomato Toast

2 cups mushrooms, peeled and cut in pieces
3 tablespoons butter
½ teaspoon finely chopped shallot
1 cup Tomato Purée (p. 343)
½ teaspoon salt
⅛ teaspoon pepper
Few grains paprika
6 rounds of bread, ⅛ inch thick, fried (sautéed) in butter until delicately brown
1 tablespoon finely chopped parsley

Cook mushrooms in 2 tablespoons butter 5 minutes. Cook shallot in 1 tablespoon butter 3 minutes. Add Tomato Purée, bring to boiling point, simmer 3 minutes, and add seasonings. Arrange mushrooms on sautéed bread, pour sauce over, and sprinkle with parsley.

Mushrooms à l'Algonquin

Brush large selected mushrooms. Remove stems, peel caps, and fry (sauté) caps in butter. Place in small, buttered, shallow pan, cap side up. Place on each a large oyster, sprinkle with salt and pepper, and place on each a bit of butter. Cook in hot oven (400° F.) until oysters are plump. Serve with Brown Sauce (p. 350), or Béchamel Sauce (p. 346).

French Fried Mushrooms (Allemande)

Brush mushroom caps and fry (sauté) in butter. Put together in pairs, cover with Allemande Sauce (p. 348), dip in crumbs, egg, and crumbs again, fry in deep fat (395° F.), and drain on brown paper.

Mushrooms à la Barclay

Serve French Fried Mushrooms on toast with White Sauce II (p. 344) made with cream. Garnish with bacon.

Stuffed Mushrooms I

12 large mushrooms
3 tablespoons butter
½ tablespoon finely chopped shallot or onion
1½ tablespoons flour
White Stock (p. 153) or cream to moisten
Few gratings nutmeg
½ teaspoon finely chopped parsley
Salt and pepper
Buttered cracker crumbs

Brush mushrooms. Remove stems and chop finely. Peel caps. Melt butter, add shallot and chopped stems, and cook 10 minutes. Add flour, stock or cream, and seasonings. Cool and fill caps, rounding well over top. Cover with buttered crumbs and bake 15 minutes in hot oven (425° F.).

Stuffed Mushrooms II

6 large mushroom caps
2 tablespoons chopped mushroom stems
2 tablespoons bread crumbs
2 tablespoons chopped, lean, cooked ham
2 tablespoons finely chopped onion
1 teaspoon grated Parmesan cheese
1 teaspoon finely chopped parsley
3 tablespoons butter
1 cup Tomato Sauce I (p. 352)
Salt, pepper, and cayenne
⅓ cup bread crumbs mixed with 1½ tablespoons grated Parmesan cheese
6 rounds bread, slightly larger than mushroom caps, fried (sautéed) in butter
Parsley

Cook chopped mushrooms, bread crumbs, ham, onion, cheese, and parsley with butter 3 minutes. Moisten with ¼ cup Tomato Sauce and season to taste. Brush and peel caps and stuff with mixture. Sprinkle with crumbs and cheese. Arrange in baking pan, pour remaining sauce around, and bake 20 minutes in hot oven (425° F.). Remove mushrooms to sautéed bread, pour around sauce from pan and garnish with parsley.

Mushrooms under Glass I

Place circular piece of toast in bottom of individual baking dish. Arrange mushroom caps on toast, sprinkle with salt and pepper, dot

over with butter, and over all pour small quantity of hot cream. Cover and bake 20 minutes. Serve with covers in place. Baking dishes with bell-shaped glass covers may be bought for the purpose, or jelly glasses may be substituted, but should not be left on for serving.

Mushrooms under Glass II (Individual Recipe)

2 tablespoons butter
½ tablespoon lemon juice
¼ teaspoon salt
Few grains pepper
¼ teaspoon finely chopped parsley
1 round piece of toast
¼ cup cream
Mushrooms

Cream butter, add lemon juice drop by drop, salt, pepper, and parsley. Put half the sauce on under side of toast; put toast on small baking dish, pile mushroom caps, cleaned and peeled, in conical shape on toast, and over all pour cream. Cover with glass and bake about 25 minutes, adding more cream if necessary. Just before serving add 1 teaspoon cooking sherry, if desired.

Okra with Tomato Sauce

1 pound okra
1 small onion, sliced
2 tablespoons butter
1 cup Tomato Sauce I (p. 352)
Salt and pepper
1 tablespoon chopped parsley

Wash okra thoroughly, cut off stems. Slice. Brown sliced onion in butter, add okra, and cook 3 minutes. Put in baking dish, season, pour over Tomato Sauce. Sprinkle with parsley and bake 30 minutes in moderate oven (350° F.)

Stewed Okra and Tomatoes

2 cups okra, cut in small pieces, crosswise
2 cups tomatoes
1 tablespoon butter
Salt and pepper

Cook okra until tender in small amount of water so that all water will be absorbed. Add tomatoes and simmer 10 minutes. Add butter, salt, and pepper.

Young Onions (Scallions) on Toast

Cook like Leeks on Toast (p. 397).

Boiled Onions

Put onions in cold water and remove skins while under water. Make two gashes on root end and cook in boiling water 5 minutes. Drain,

cover with boiling, salted water, and cook 20 to 45 minutes or until soft, but not broken. Drain, add small quantity of milk, cook 5 minutes, and season with butter, salt, and pepper. Large onions may be cut in slices before boiling.

Onions in Cream

Drain Boiled Onions and cover with White Sauce II (p. 344), made with milk or cream.

Creamed Silverskins

3 cups small silver-skinned onions
1 cup thin cream
¾ teaspoon salt

Cook onions in boiling, salted water 15 minutes. Drain, add cream, cook in double boiler until soft, adding salt last 10 minutes of cooking.

Glazed Onions

3 cups small, silver skinned onions
3 tablespoons butter
2 tablespoons sugar

Cook onions in boiling, salted water 15 minutes. Drain and dry on cheesecloth. Melt butter, add sugar and onions. Cook 20 minutes or until browned, using an asbestos mat under pan during last of cooking.

Scalloped Onions

Cut Boiled Onions in quarters. Put in buttered baking dish, cover with White Sauce II (p. 344), sprinkle with buttered cracker crumbs, and bake until crumbs are brown.

Scalloped Onions with Cheese

Follow recipe for Scalloped Onions, sprinkling with grated cheese before pouring over sauce.

Stuffed Onions

Peel 6 large, flat onions. Steam or parboil 30 minutes, or until tender, in boiling, salted water. Turn upside down to cool and remove part of centers. Fill openings, place in baking dish with small amount of water. Sprinkle with buttered crumbs. Cover and bake in moderate oven (350° F.), until onions are soft, removing cover last 10 minutes. For filling, use sausage meat, grated cheese, or Chicken and Mushroom Filling.

Chicken and Mushroom Filling

½ cup finely chopped, cooked chicken
½ cup finely chopped mushrooms
½ cup soft, stale bread crumbs
Finely chopped onion, removed from centers
Cream or melted butter to moisten
Salt and pepper

Combine ingredients.

Onions Farci

6 large Bermuda onions
Veal Forcemeat (p. 186)
1 cup Brown Stock (p. 144) or Chicken Stock (p. 154)
6 thin slices fat salt pork
1 teaspoon beef extract
¼ tablespoon butter
Salt and pepper

Peel onions, remove part of inside. Cook 6 minutes in boiling, salted water. Drain, stuff with forcemeat, arrange in baking dish on pork slices. Pour stock around, bake in moderate oven (350° F.) until soft (about 35 minutes). Remove onions, strain stock, skim off all fat possible, add beef extract, butter, salt, and pepper to taste. Pour over onions.

Onion Soufflé

1 pound onions
4 tablespoons butter
⅓ cup water in which onions were cooked
⅓ cup cream
Salt and pepper
3 egg yolks, beaten until thick and lemon-colored
3 egg whites, beaten until stiff
4 tablespoons flour

Boil onions and rub through sieve. Melt butter, add flour, and pour on gradually onion water and cream. Add onion pulp and bring to boiling point. Season. Add to egg yolks. Cut and fold in egg whites. Turn into buttered baking dish and bake in moderately slow oven (325° F.) 25 minutes. Serve at once.

Bermuda Slices Baked in Cream

Cut Bermuda onions in thin slices. Arrange in baking dish, pour on cream to cover. Bake in moderately slow oven (325° F.) until soft.

Fried Onions

4 medium-sized onions
1½ tablespoons butter
Salt

Peel onions and cut in thin slices. Fry (sauté) in butter until brown. Turn occasionally with fork or shake pan that onions may not burn. Sprinkle with salt 1 minute before taking from fire.

French Fried Onions

Peel onions, cut in ¼-inch slices, and separate into rings. Dip in milk, drain, and dip in flour. Fry in deep fat (370° F.), drain on brown paper, and sprinkle with salt.

Boiled Oyster Plant (Salsify)

One bunch (about 6 roots) serves 6. Wash, scrape, and put in cold, acidulated water to prevent discoloration. Cut in inch slices, cook in boiling, salted water until soft (45 to 60 minutes). Drain. Season with butter, salt, and pepper.

Creamed Oyster Plant

Add Boiled Oyster Plant to White Sauce II (p. 344).

Oyster Plant aux Fines Herbes

Put Boiled Oyster Plant in pan with 3 tablespoons butter, reheat. Add 1 teaspoon finely chopped parsley and ¼ teaspoon finely chopped chives. Sprinkle with salt and pepper.

Boiled Parsnips

Select small young parsnips. One pound serves about 4. Wash and cook 30 minutes, or until soft, in boiling, salted water. Drain, plunge into cold water, and remove skins. Cut in slices or small pieces and reheat in Drawn Butter Sauce (p. 346) or White Sauce II (p. 344).

Fried (Sautéed) Parsnips

Cut cold, boiled young parsnips in sixths, lengthwise. Fry (sauté) in butter until delicately browned and sprinkle with salt and pepper.

Parsnip Fritters

Mash Boiled Parsnips, season with butter, salt, and pepper, shape in small, flat, round cakes, roll in flour, and fry (sauté) in butter.

Boiled Peas

Shell, cover with cold water, and let stand ½ hour. Skim off undeveloped peas which rise to top of water and drain remaining peas.

Cook until soft 15 to 40 minutes in small quantity of boiling water, adding salt last 10 minutes of cooking. There should be but little, if any, water to drain from peas when they are cooked. Season with butter, salt, and pepper. If peas have lost much of their natural sweetness, they are improved by the addition of a small amount of sugar. One sprig mint for every 2 cups of peas may be added for additional flavor.

Creamed Peas

2 cups peas, cooked or canned
¾ cup White Sauce II (p. 344)

Reheat peas in sauce.

Pea Timbales

2⅓ cups cooked peas or 1 can peas
2 eggs, well beaten
2 tablespoons melted butter
⅔ teaspoon salt
⅛ teaspoon pepper
Few grains cayenne
Few drops onion juice
1 cup White Sauce II (p. 344)

Reserve ⅓ cup peas and rub remainder through sieve. To pulp, add eggs, butter, salt, pepper, cayenne, and onion juice. Turn into buttered molds. Set in pan of hot water, cover with buttered paper, and bake until firm in moderate oven (350° F.). Remove from molds to serving dish. Add reserved peas to sauce and serve with timbales.

Stuffed Peppers I

Cut in half, lengthwise, or cut a slice from stem end of each pepper, remove seeds, and parboil peppers 2 minutes. Sprinkle with salt. Fill with equal parts finely chopped, cooked chicken or veal and soft bread crumbs, seasoned with onion juice, salt, and pepper. (See also suggestions for Stuffed Tomatoes, p. 412.) Cover with buttered bread crumbs and bake 10 to 15 minutes in hot oven (400° F.).

Stuffed Peppers II

1 onion, finely chopped
2 tablespoons butter
4 tablespoons chopped mushrooms
1 cup Brown Sauce I (p. 350)
4 tablespoons finely chopped, lean, raw ham
3 tablespoons bread crumbs
6 green peppers

Cook onion in butter 3 minutes. Add mushrooms and ham, cook one minute; add ⅓ cup Brown Sauce and crumbs. Cool. Parboil peppers, stuff with prepared mixture, and bake 10 to 15 minutes in hot oven (400° F.). Serve with remaining sauce.

Peppers Stuffed with Cheese

4 green peppers
1½ cups grated cheese
1¾ cups bread crumbs
1 teaspoon chopped onion
2 tablespoons butter
¼ teaspoon salt
⅛ teaspoon pepper
Paprika to taste

Cut off thin slice from stem end of peppers, remove seeds. Parboil peppers 2 minutes in salted water, drain, and fill with mixture of remaining ingredients. Put as much stuffing in each pepper as it will hold and cover top with grated cheese. Place in a greased baking dish and bake about 20 minutes in moderate oven (350° F.), increasing the heat the last 5 minutes to brown the tops.

Peppers Stuffed with Fresh Green Corn

12 ears green corn
6 green peppers
½ cup milk
Butter, salt, and pepper

Remove husks and silky threads from corn. Cut lengthwise of cob through each row of kernels and scrape with knife to remove pulp; there should be 2½ cups. Put pulp in omelet pan, add milk, and cook over very low fire 25 minutes, stirring frequently. If cooked on a gas range, flame should be turned low and covered with an asbestos mat. Season with butter, salt, and pepper. Parboil peppers, stuff with prepared mixture, and bake 10 to 15 minutes in hot oven (400° F.).

Jarvis Stuffed Peppers

½ cup Tomato Purée (p. 343)
½ cup hot, boiled rice
Salt
1 sweetbread, parboiled and cut in cubes
Paprika
6 green peppers

Combine ingredients. Parboil peppers, stuff with prepared mixture, and bake 10 to 15 minutes in hot oven (400° F.). Serve with Littleton Sauce (p. 358).

Templeton Stuffed Peppers

½ tablespoon chopped onion
½ tablespoon green pepper, cut in small pieces
2 tablespoons butter
3 tablespoons flour
1 teaspoon salt
¼ teaspoon paprika
¼ teaspoon mustard
Few grains cayenne
½ cup milk
1 cup canned corn
1 egg, slightly beaten
⅔ cup dry bread, broken in very small pieces and browned in butter
6 green peppers

Cook onion and pepper in butter 5 minutes, stirring constantly. Add flour mixed with seasonings. When well blended, pour on milk gradually, while stirring constantly. Bring to boiling point, add corn, and cook 5 minutes. Add egg and bread. Parboil peppers, stuff with prepared mixture, and bake 10 to 15 minutes in hot oven (400° F.).

Sautéed Radishes

Peel, slice, and cook in boiling, salted water 20 minutes. Drain and fry (sauté) in butter.

Boiled or Steamed Spinach

Remove roots, carefully pick over, discarding wilted leaves. Wash in 7 waters, the first 2 warm, to release sand. Steam or cook, covered, in its own juices, 10 to 20 minutes. Drain, chop or not, and season with butter, salt, and pepper. A few gratings nutmeg may be added. Garnish with toast points and (or) hard-cooked eggs sliced or cut in eighths.

Spinach à la Béchamel

2 cups chopped, cooked spinach
3 tablespoons butter
2 tablespoons flour
¾ cup milk
Salt and pepper

Melt butter, add spinach, cook 3 minutes. Sprinkle with flour, stir thoroughly, and add milk. Cook 5 minutes. Season.

Purée of Spinach

2 cups cooked spinach
3 tablespoons butter
1 tablespoon flour
½ cup cream

Rub spinach through sieve. Reheat, add butter, flour, and cream. Stir, and cook until mixture boils.

Spinach (French Style)

2 cups cooked spinach
2 tablespoons butter
1 tablespoon flour
⅓ cup Chicken Stock (p. 154)
½ teaspoon powdered sugar
Salt and pepper
Few gratings lemon rind
Few gratings nutmeg

Melt butter, add flour. When well blended, add stock and spinach. When hot, add seasonings.

Molded Spinach with Beets

4 cups cooked spinach
⅓ cup butter
¾ teaspoon salt
1½ cups White Sauce II (p. 344)
3 hard-cooked eggs, cut in sixths, lengthwise
2 cups small boiled beets

Drain spinach very thoroughly. Chop finely and season with butter and salt. Press into buttered border mold and keep in warm place until serving time. Remove to hot platter and fill center with beets. Serve with sauce and garnish with slices of hard-cooked eggs.

Molded Spinach with Mushrooms

Arrange spinach ring as for Molded Spinach with Beets. Fill center with 2 cups Creamed Mushrooms (p. 398) and omit sauce.

Molded Spinach on Artichoke Bottoms

2 cups cooked spinach, finely chopped
1 can artichoke bottoms
3 tablespoons vinegar
1 teaspoon salt
2 hard-cooked eggs

Drain artichoke bottoms and put in pan. Cover bottom of pan with boiling water, add vinegar and salt. Cover and cook until thoroughly heated. Drain. Season spinach with butter, pepper, and salt, and mound on artichokes. Put in oven to reheat and garnish with egg yolks rubbed through coarse strainer and egg whites cut in fancy shapes.

Soubrics of Spinach

2 cups cooked spinach, finely chopped
2 tablespoons grated Parmesan cheese
2 egg yolks, slightly beaten
½ teaspoon salt
Few grains cayenne
Few gratings nutmeg
1 egg white, unbeaten
Butter for sautéing
1 cup White Sauce II (p. 344)

Add to spinach, cheese, egg yolks, salt, cayenne, and nutmeg. Cook 5 minutes, stirring constantly. Remove from fire and stir in egg white.

Measure by rounding tablespoonfuls, fry (sauté) in butter, arrange on hot serving dish, and surround with sauce.

Ham and Spinach Soufflé

Stale bread crumbs
Milk
3 tablespoons butter
1 cup chopped, cooked spinach
2 tablespoons finely chopped onion
egg yolks, beaten until light and lemon-colored
⅛ teaspoon pepper
¾ cup cooked ham, diced
Salt
3 egg whites, beaten until stiff

Soak stale bread crumbs in milk to cover. Let stand until bread is soft; then squeeze; there should be ½ cup bread. Add butter and cook until pasty. Add other ingredients, folding in egg whites last. Turn into mold lined with oiled paper, cover with oiled paper, and steam (about 35 minutes) until firm. Remove from mold and serve with Mock Hollandaise (p. 356).

Sweetbreads may be used in place of ham.

Spinach Timbales

2 cups cooked spinach, finely chopped
2 tablespoons butter
2 eggs, slightly beaten
1 cup milk
⅔ teaspoon salt
⅛ teaspoon pepper
Few drops onion juice
2 teaspoons vinegar
8 round slices bread, fried (sautéed) in butter
8 slices tomato or 1 cup tomato sauce

Combine first 8 ingredients. Fill buttered timbale molds. Bake in pan of hot water in slow oven (300° F.). Cover bread with tomato or Tomato Cream Sauce (p. 353). Turn spinach mold on each. If tomato was used, serve with Hollandaise (p. 356). Or put Béarnaise Sauce I (p. 357) on each timbale and sprinkle with blanched, chopped pistachio nuts.

Steamed or Boiled Summer Squash

Wash, quarter, or cut in thick slices. Steam or cook 15 to 20 minutes, or until soft, in small amount of boiling, salted water. Drain thoroughly, mash, and season with butter, salt, and pepper.

Fried Summer Squash I

Wash and cut in half-inch pieces. Sprinkle with salt and pepper, dip in crumbs, egg, and crumbs again, fry in hot fat (375° F.), and drain.

Fried Summer Squash II

Follow recipe for Fried Eggplant I (p. 395).

Steamed or Boiled Winter Squash

Cut in pieces, remove seeds and stringy portion, and pare. Steam 30 minutes or until soft, or cook in boiling, salted water and drain. Unless squash is very dry, steaming is the better method. Mash and season with butter, salt, and pepper. If lacking in sweetness, add small quantity of sugar.

Baked Winter Squash I

Leave whole or break in large pieces and remove seeds and stringy portion. Bake in moderately slow oven (325° F.) about 1½ hours. Cut, if whole, remove seeds, and scoop squash out of shell. Mash and season with butter, salt, and pepper.

Baked Winter Squash II

Cut in 2-inch squares, remove seeds and stringy portion, place in dripping pan, sprinkle with salt and pepper, and allow for each square ½ teaspoon molasses and ½ teaspoon melted butter. Bake 50 minutes, or until soft, in moderate oven (350° F.), keeping covered first half-hour of cooking. Serve in the shell.

Baked Winter Squash with Bacon

2 pounds winter squash
Salt and pepper
2 tablespoons butter
4 strips bacon, cut in squares

Remove seeds and stringy portion from squash, bake or steam until soft, remove from shell, mash and season with salt, pepper, and butter. Put in baking dish, cover with bacon, and bake in hot oven (400° F.) until bacon is crisp.

Baked Des Moines Squash

Remove tops. Take out seeds. Brush inside and out with melted butter, sprinkle inside with salt, and replace tops. Bake 1 hour or until tender in moderate oven (350° F.). Season with salt, pepper, butter, and if desired, ¼ teaspoon sugar. Serve in the shell, 1 squash to a person.

To Peel Tomatoes

Hold on fork over gas flame for a moment until skin wrinkles and splits, then peel. *Or* drop into boiling water for 2 minutes, remove, peel, and chill. *Or* rub entire surface with back of knife and peel.

Stewed Tomatoes

Wipe, peel, cut in pieces, put in stewpan, and cook slowly 20 minutes, stirring occasionally. Season with butter, salt, and pepper. Add sugar if desired.

Scalloped Tomatoes

Canned tomatoes
Salt and pepper
Few drops onion juice
Sugar
Buttered bread crumbs

Drain off some of tomato liquor. Season with salt, pepper, onion juice, and sugar if liked sweet. Cover bottom of buttered baking dish with crumbs, cover with tomatoes, and sprinkle top thickly with crumbs. Bake in hot oven (400° F.) until crumbs are brown.

Broiled Tomatoes I

Wipe, and cut in halves crosswise. Sprinkle with salt and pepper, brush over with melted butter, and broil 6 to 8 minutes. Serve on sautéed bread or buttered toast, with Horse-radish Hollandaise (p. 356).

Broiled Tomatoes II

Wipe, peel, cut in halves, crosswise. Cut off a thin slice from rounding part of each half. Sprinkle with salt and pepper, dip in crumbs, egg, and crumbs again, place in well-buttered broiler, and broil 6 to 8 minutes.

Sautéed Tomatoes

Wipe and slice 3 tomatoes. Sprinkle with salt and pepper, dredge with flour, and fry (sauté) in butter.

Tomatoes à la Crême

Serve Sautéed Tomatoes with White Sauce I (p. 343).

Deviled Tomatoes

3 tomatoes, sliced and sautéed
4 tablespoons butter
2 teaspoons powdered sugar
1 teaspoon mustard
¼ teaspoon salt
Few grains cayenne
Yolk 1 hard-cooked egg
1 egg, slightly beaten
2 tablespoons vinegar

Cream butter, add dry ingredients, egg yolk rubbed to paste, egg, and vinegar. Cook over hot water, stirring constantly, until thickened. Pour over tomatoes.

Baked Tomatoes

Wipe 6 small tomatoes and make 2-inch gashes at right angles to each other, across blossom end of each. Bake until thoroughly heated. Peel and pour over White Sauce II (p. 344) made with cream or sauce for Deviled Tomatoes, adding, just before serving, 1 tablespoon heavy cream.

Baked Stuffed Tomatoes I

Wipe and remove thin slice from stem end of 6 smooth, medium-sized tomatoes. Take out seeds and pulp and drain off most of the liquid. Sprinkle with salt, invert, let stand 30 minutes or longer. Add an equal quantity of bread crumbs to pulp, season with salt, pepper, and few drops onion juice, and refill tomatoes with mixture. Place in buttered pan, sprinkle with buttered crumbs, and bake 20 minutes in hot oven (400° F.). 2 tablespoons each, chopped green pepper and onion may be added to the stuffing.

Baked Stuffed Tomatoes II

6 tomatoes
2 tablespoons butter
½ tablespoon finely chopped onion
½ cup finely chopped, cooked chicken or veal
½ cup soft, stale bread crumbs
Salt and pepper
1 egg, slightly beaten
Buttered cracker crumbs

Prepare tomatoes as for Baked Stuffed Tomatoes I. Cook onion and butter 5 minutes. Add chicken or veal, bread crumbs, pulp from tomatoes, salt, and pepper to taste. Cook 5 minutes, add egg, cook 1 minute, and stuff tomatoes. Place in buttered pan, sprinkle with cracker crumbs, and bake 20 minutes in hot oven (400° F.).

Tomatoes Stuffed with Sauerkraut

Prepare tomatoes as for Baked Stuffed Tomatoes I. Stuff with pulp mixed with equal quantity of bread crumbs and sauerkraut, seasoned with salt, pepper, and onion juice. Sprinkle with buttered crumbs. Bake 20 minutes in hot oven (400° F.).

Creole Tomatoes

6 tomatoes
Crab Meat à la King (p. 491)
Buttered, coarse bread crumbs

Prepare tomatoes as for Baked Stuffed Tomatoes I. Fill with crab meat, sprinkle with crumbs and bake in hot oven (400° F.) until tomatoes are soft.

Delmonico Tomatoes

8 small tomatoes
3 green peppers
½ onion, finely chopped
¼ teaspoon soda
1 tablespoon butter
1 tablespoon Brown Sauce (p. 350)
Sweetbreads, parboiled (p. 295) and cubed
Buttered bread crumbs (p. 58)
8 rounds of bread, fried (sautéed) in butter

Prepare tomatoes as for Baked Stuffed Tomatoes I. Wipe, remove seeds, and chop peppers. Add onion and soda and cook in butter 5 minutes, stirring constantly. Add Brown Sauce to bind mixture together. Line tomatoes with mixture, having it extend over edge of tomatoes. Fill with sweetbread cubes, cover with crumbs, and bake 12 minutes in hot oven (400° F.). Place on sautéed bread and cover with sauce.

Mashed Turnips

Wash, pare, slice, dice, or quarter. Cook, uncovered, in boiling, salted water until soft (20 to 60 minutes). Drain, mash, and season with butter, salt, and pepper.

Creamed Turnips

Wash, pare, and dice turnips. Cook 3 cups until soft in boiling, salted water. Drain and add 1 cup White Sauce II (p. 344).

Turnips en Casserole

3 cups turnips, cubed or cut in cone shapes with French vegetable cutter
1½ teaspoons salt
1½ teaspoons sugar
¼ cup butter
⅓ cup water or stock

Put turnips in baking dish with other ingredients. Cover and bake in moderate oven (350° F.) until soft.

Turnip Croquettes

1¼ cups mashed turnip, thoroughly drained by wringing in cheesecloth
Salt and pepper
2 egg yolks, slightly beaten

Season turnip with salt and pepper. Add egg yolks, cool, shape in small croquettes, and fry in deep fat. (See Croquettes, p. 474.)

Vegetables en Casserole

6 medium-sized potatoes, thinly sliced
1 small turnip, cubed
1 cup canned peas
1 cup canned tomatoes
1 onion, sliced
¼ cup rice, picked over and washed
1 teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon allspice
4 cups Brown Stock (p. 144)

Put ingredients, except stock, in alternate layers in casserole, pour on stock, cover, and cook 3 hours, or until rice is tender, in slow oven (250° F.).

Vegetable Soufflé

Follow recipe for Onion Soufflé (p. 403), using carrot or turnip.

Curried Vegetables

1 cup potatoes, 1 cup carrots, ½ cup turnips — cooked and cut in fancy shapes

½ cup peas, cooked or canned
Curry Sauce (p. 345)
Finely chopped parsley

Mix vegetables and add sauce. Sprinkle with parsley.

Macedoine of Vegetables à la Poulette

1¼ cups carrots, ½ cup turnips — cut in strips or fancy shapes and cooked

1¼ cups peas, cooked or canned
Suprême Sauce (p. 347), made with vegetable water

Add vegetables to sauce and heat to boiling point. Top milk may be used in sauce and egg yolk omitted.

For additional recipes using cooked Vegetables, see Chapter 13, "Soups with Stock", Chapter 14, "Vegetable and Cream Soups", Chapter 31, "Hot and Cold Entrées", and Chapter 28, "Salads."

CHAPTER 28

SALADS

Salads as an accompaniment to a hearty course or as a separate course in an elaborate luncheon or dinner should be very simple. A green salad with a French Dressing or a variation of French Dressing is the safest choice for a dinner salad. Luncheon salads may be slightly more elaborate.

Hearty salads are an excellent main course at luncheon or Sunday-night supper.

Fruit salads are often served as dessert.

PREPARATION OF SALAD INGREDIENTS

SALAD GREENS

CHICORY. ROMAINE. ESCAROLE.
ENDIVE. CHINESE CABBAGE

All ingredients should be thoroughly chilled.

Lettuce, Romaine, Escarole, Watercress, Parsley, etc. Wash carefully but thoroughly, dry, and place in covered tin pail or other receptacle in refrigerator. If all is not to be used soon, put, unwashed, in tightly covered receptacle, and wash as needed.

Celery. Wash carefully. Tough outer stalks may be saved to cook as a vegetable or for soup. The hearts may be served whole (club style) or separated into individual stalks. Crisp in covered container in refrigerator or by placing in ice water to which has been added a little lemon juice or vinegar or a lemon rind. *To curl celery*, cut stalks in two-inch pieces. With a sharp knife, beginning at outside of stalks, make five cuts parallel with each other, extending one-third the length of pieces. Put pieces in cold or ice water and let stand over night or for several hours, when they will curl back and celery will be found very crisp. Both ends may be curled. *To cut celery for salad*, cut lengthwise in narrow strips, then crosswise in fine pieces or short strips.

Radishes. Remove tip, leave only such parts of leaves and stem as make an attractive garnish. Cut to represent tulips or roses or remove even strips at intervals. Keep in ice water until serving time.

Fruit. Use thoroughly ripe fruit, thoroughly chilled. Cut in even pieces. Prepare as required by recipes.

Cooked Vegetables. Cut in pieces of attractive size and shape. Marinate and chill thoroughly before combining.

Cooked Meat. Free from skin, gristle, and bones and cut in small cubes.

Cooked Fish. Flake or cut in cubes.

TERMS USED IN SALAD MAKING

Chapon. Remove a small piece from end of French loaf and rub over with a clove of garlic, first dipped in salt. Place in bottom of salad bowl before arranging salad. A chapon is often used in vegetable salads and gives an agreeable additional flavor.

To Marinate. Let stand in French Dressing until well seasoned.

To Mask. Cover whole surface of a salad with Mayonnaise or a similar dressing. Masking is usually done as a base for garnishing.

Julienne-shaped pieces are the size and shape of small matches.

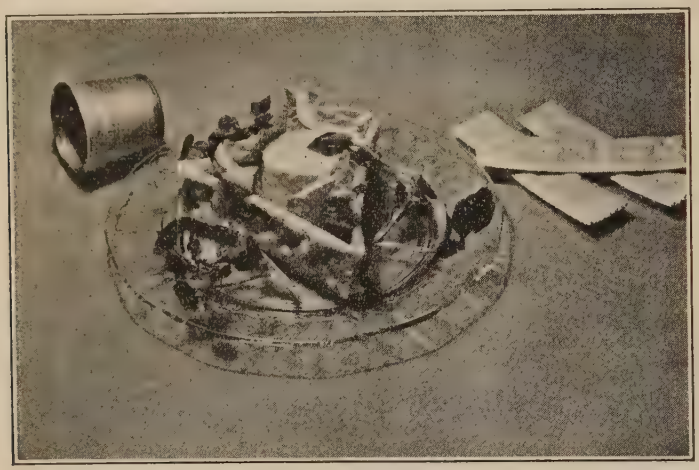
WAYS OF SERVING SALADS

Salads may be arranged for individual service on salad plates, or in one large bowl, or on a large plate to be passed or served by the hostess. In either case, care should be taken to create an attractive picture.

Avoid overgarnishing and bad color combinations. Simplicity is safest for the inexperienced cook.

Dressing may be added before serving or passed at the table.

If salads are dressed at table, first sprinkle with salt and pepper, add oil, and lastly vinegar. If vinegar is added before oil, the greens will become wet, and oil will not cling, but settle to bottom of bowl.



ANY SALAD MAY BE SERVED IN A CRACKER BOX

Cracker boxes. Fasten three or four saltines or oblong crackers together by dipping ends in sugar sirup and then pressing lightly together. Tie with ribbon, if desired. Fill with fruit salad, chicken, lobster, crab salad, etc.

Cabbage Salad Bowl. Remove outside leaves from small, solid white cabbage and cut off stalk close to leaves. Cut out center. Cut edge in points. Pin each point with a long clove. Fill with any cabbage salad.

Grapefruit or Orange Baskets are especially suitable for fruit salads. To make baskets, see page 129.

For other suggestions, see recipes.

SALAD GARNISHES

Parsley, chives, green pepper, or pimiento, cut fine.

Sprays of watercress, mint, or parsley.

Strips of pimiento or green pepper.
Cucumber, diced or in thin slices.
Radishes whole, in thin slices, or cut to represent tulips or roses, etc.
Stuffed olives, whole or sliced.
Truffles, chopped or cut in fancy shapes.
Capers.

RADISH FLOWERS, CURLED CELERY, AND A CHEESE CARROT

Aspic cubes, plain or colored red or green.
Jelly cubes.
Tiny bottled grapes, colored red, green, or orange.
Red or green cherries, whole or cut in petal-shaped pieces.
Cream cheese or whipped cream put on with pastry bag and tube.
Candied fruits of various colors, chopped or cut in shapes.
Cheese Carrots I. Shape cream cheese in form of small carrots, roll in grated raw carrot, and insert parsley to represent tops.
Cheese Carrots II. Shape pimiento cheese like small carrots, insert parsley top.

GREEN SALADS

Serve any of the salad greens with French Dressing (p. 456), or any variation, or Chiffonade Dressing (p. 456), Russian Dressing (p. 459), etc.

Hothouse Lettuce, Chicory, Curly Endive, Escarole, Dandelion, Watercress. Separate leaf by leaf. Remove any hard part. Arrange in nest shape on individual plates or heap in salad bowl.

Iceberg or California Lettuce. Cut in halves or quarters. Remove hard center. Russian French Dressing (p. 459), Roquefort French Dressing (p. 459), Russian Dressing (Mayonnaise) (p. 463), and Roquefort Dressing (Mayonnaise) (p. 463) are especially good.

French Endive and **Romaine.** Separate leaves and arrange parallel on plates.

Mixed Green Salads, such as:

Lettuce and Watercress
Lettuce and Chicory
Watercress and Dandelion
Romaine and Endive
Lettuce, Romaine, and Escarole
Endive and Watercress
Lettuce and Chinese Cabbage

Chiffonade Salad

Arrange finely cut celery, short pieces of romaine, small sections of tomato, and sprigs of watercress, on lettuce. Serve with Chiffonade Dressing (p. 456).

Spring Salad

Arrange tomato sections, sliced cucumber, sliced radish, strips of green pepper, green onions, and watercress on lettuce. Serve with French Dressing (p. 456).

Florentine Salad

Arrange diced celery, endive, and cucumber on lettuce. Sprinkle with finely chopped, hard-cooked egg and serve with Thousand Island Dressing (p. 460).

Normandy Salad

Sprinkle romaine with chopped red and green peppers and chopped green and ripe olives. Serve with French Dressing (p. 456).

SALADS, MOSTLY VEGETABLE

Asparagus Salad

Marinate cooked asparagus. Chill thoroughly, arrange several stalks on each plate on bed of lettuce or other salad green. Make

Roman stripe band across middle, using finely chopped, hard-cooked egg white, hard-cooked egg yolk forced through strainer, chopped pickle, chopped pimiento, and chopped parsley for the different stripes. Serve with French Dressing (p. 456) made with lemon juice.

Asparagus en Vinaigrette

Serve chilled cooked asparagus on salad green with Vinaigrette Dressing (p. 361).

Asparagus and Tomato Salad

Arrange short stalks of cooked asparagus or asparagus tips close together, on thick slice of tomato on salad green. Arrange crisscross strips of pimiento and green pepper over top. Serve with French Dressing (p. 456).

String Bean Salad

Marinate 2 cups cold string beans with French Dressing (p. 456). Add 1 teaspoon finely cut chives. Pile in center of salad dish and arrange around base thin slices of radishes overlapping one another. Garnish top with radish cut to represent a tulip.

Beet and Cucumber Salad

French cooks bake beets to be used for salad. Arrange a row of sliced red beets on bed of watercress, with a row of sliced cucumbers overlapping on each side. Serve with French Dressing (p. 456).

Beet and Lima Bean Salad

Arrange cooked Lima beans on lettuce surrounded by circle of beet slices. Serve with French Dressing (p. 456).

Beet and Mint Salad

Arrange rows of thin beet slices on lettuce or romaine. Sprinkle with finely chopped, fresh mint. Serve with French Dressing (p. 456).

Carlton Salad

Arrange pieces of French endive through rings made from cooked beet. Garnish with beet cut in fancy shapes. Serve with Carlton Salad Dressing (p. 462).

Broccoli en Vinaigrette

Serve stalks of chilled cooked broccoli with Vinaigrette Dressing (p. 361).

Cabbage Salad

Chop or shred cabbage finely. Let stand 1 hour in cold or ice water. Moisten with Cream Dressing I (p. 464) or Denver Cream Dressing (p. 460).

Cabbage and Carrot Salad

Add grated raw carrot to Cabbage Salad.

Cabbage and Celery Salad

Make Cabbage Salad, using ⅓ to ½ finely cut celery.

Cabbage, Celery, and Apple Salad

Combine finely cut celery, finely cut apple, and chopped or shredded cabbage. Moisten with Cream Dressing I (p. 464).

Cabbage and Olive Salad

Add sliced stuffed olives to Cabbage Salad.

Cabbage and Pineapple Salad

Combine shredded or chopped cabbage with drained, crushed pineapple. If desired, add chopped or broken nut meats or marshmallows cut in pieces. Moisten with Cream Dressing I (p. 464).

Carrot Salad I

Grate new carrot over any salad green. Serve with French Dressing (p. 456).

Carrot Salad II

Arrange thin slices cold cooked carrot in a ring on lettuce. Place cream cheese rosette in center. Sprinkle thickly with grated raw carrot. Serve with French Dressing (p. 456).

Carrot and Almond Salad

Put 2 medium-sized raw carrots and 2 tablespoons blanched almonds through food chopper. Season with salt, moisten with Mayonnaise (p. 460), and serve on salad green.

Celeriac Salad

Serve halves of chilled cooked celeriac (p. 389) on salad green with French Dressing (p. 456).

Celery Salad

Cut celery in thin slices or Julienne-shaped pieces. Mix with Cream Dressing I (p. 464) and serve on lettuce. Finely chopped, canned pimiento or green pepper may be added to celery or sprinkled over top.

Celery and Nut Salad I

Mix equal parts finely cut celery and walnut or pecan nut meats cut in pieces. Serve with French Dressing (p. 456).

Celery and Nut Salad II

1½ cups finely cut celery
1 cup pecan nut meats, broken in pieces
1 cup shredded cabbage
Cream Dressing I (p. 464)

Mix and serve on lettuce or in Cabbage Salad Bowl (p. 418).

Celery and Peanut Salad

½ cup peanuts, shelled, skinned, and chopped
1 cup finely cut celery
French Dressing (p. 456)
Lettuce

Marinate celery and peanuts with dressing. Serve on salad green or in halves of green peppers on salad green.

Corn Salad

2 cups canned corn
Onion juice
Mustard
French Dressing (p. 456)
Lettuce

Drain corn thoroughly. Season with mustard and onion juice. Marinate with French Dressing, let stand 1 hour and drain. Arrange on lettuce.

Cucumber Salad

Pare, slice thinly, dice, or cut in fancy shapes. Arrange on salad green with French (p. 456) or Parisian French Dressing (p. 459). If slices with fancy edge are desired, pare with fluted knife or make 5 parallel grooves lengthwise of cucumber before slicing.

Cucumber Cups

Pare cucumbers and remove a thick slice from each end and with a sharp-pointed knife make 8 grooves at equal distance lengthwise of cucumber. Cut in pieces crosswise and remove some of the inside, leaving cups; then cut in thin slices crosswise, keeping the original shapes. Arrange on nest of lettuce leaves and fill with Cream French Dressing (p. 457) or Tartare Sauce (p. 362).

Cucumber Baskets

Select 3 long, regular-shaped cucumbers; cut a piece from both the stem and blossom end of each; then cut in halves crosswise. Cut 2 pieces from each section, leaving remaining piece in shape of basket with handle. Remove pulp and seeds, in sufficiently large pieces to cut in cubes for refilling half the baskets, the remaining half being filled with pieces of tomato. Arrange baskets on lettuce leaves, alternating the fillings, and pour over French Dressing (p. 456).

Good Luck Salad

Wipe a long, selected cucumber, pare, cut in thin slices crosswise, and trim. Arrange horseshoe fashion on bed of romaine, also trimmed and arranged horseshoe fashion. Garnish with pieces of truffle, cut to represent nailheads. Serve with Cream French Dressing (p. 457).

Cucumber and Radish Salad

Pare cucumber. Cut in 2-inch pieces. Make cuts as if for thick slices but do not cut all the way through. Insert slice of radish in each cut. Serve on lettuce with French Dressing (p. 456).

Rector Salad

Cucumbers
½ teaspoon granulated gelatine, soaked in
2 teaspoons cold water
1 cup Mayonnaise (p. 460)
Canned pimiento, cut in small rounds
Truffle, cut in small diamonds

Pare cucumber and cut in box-shaped pieces, 2 inches long. Dissolve gelatine over hot water and strain into Mayonnaise. Cool and use to spread boxes evenly. Garnish with pimiento and truffle pieces placed in regular fashion. Arrange on lettuce.

Mushroom Salad (Campestris Salad)

Mash cream cheese, season with salt and paprika. Moisten with French Dressing (p. 456). Shape like mushroom caps and stems. Roll in sifted, chopped almonds and put together. Place on thin wafer crackers around an orange basket (p. 129) filled with Bar-le-Duc currants. Garnish with sprigs of green. Pass with simple green salad.

Onion Salad

Serve Bermuda onions, thinly sliced or in fine Julienne-shaped pieces on lettuce. Garnish with watercress. Serve with French Dressing (p. 456).

Potato Salad

2 cups cold, boiled potato, cubed
Few drops onion juice
French (p. 456) or Cream Dressing (p. 464)

Mix and serve in nests of lettuce or cabbage leaves or in bowl. Garnish, if desired, with radish roses. If served in bowl, top may be

divided into quarters, one quarter garnished with finely chopped white of hard-cooked egg, opposite quarter with yolk of hard-cooked egg, passed through purée strainer, and intervening quarters with chopped pickled beet. Mark dividing lines with chopped parsley.

Hot Potato Salad

Wash 6 medium-sized potatoes and cook in boiling, salted water until soft. Cool, remove skins, and cut in very thin slices. Cover bottom of baking dish with potatoes, season with salt and pepper, sprinkle with finely chopped celery, then with finely chopped parsley. Mix 2 tablespoons each tarragon and cider vinegar and 4 tablespoons olive oil, and add 1 slice lemon cut ⅓ inch thick. Bring to boiling point, pour over potatoes, cover, and let stand in oven until thoroughly warmed.

Potato and Celery Salad

2 cups potato cubes
½ cup finely cut celery
French Dressing (p. 456)
Celery tips
1 apple, pared, cut in eighths, and sliced

Combine potato, celery, and apple. Add dressing. Garnish with celery tips.

Elizabeth's Potato Salad

2 cups cold, boiled potatoes, cubed
1 cup finely cut celery or cabbage
1 teaspoon celery seed
3 hard-cooked eggs
French Dressing (p. 456)
Mayonnaise (p. 460)
6 radishes, cut like roses

Mix potato, celery, and celery seed, and marinate with French Dressing. Cut eggs in halves lengthwise, remove yolks, season with salt, pepper, and Mayonnaise. Refill whites either with a spoon or pastry bag and rose tube. Add Mayonnaise, salt, and pepper to potato mixture. Arrange in salad bowl on lettuce with halves of egg and radishes alternately around edge.

Potato and Egg Salad (Bolivia Salad)

1½ cups potato cubes
3 hard-cooked eggs, finely chopped
1½ tablespoons finely chopped pimientos
½ tablespoon chopped chives or 2 slices onion, finely chopped
Cream Dressing I (p. 464)
Lettuce

Mix potato, egg, pimientos, and chives with dressing. Serve on lettuce. Top may be garnished like Potato Salad.

Sauerkraut and Carrot Salad

1 cup sauerkraut
1 cup grated raw carrot
1 cup Cream Dressing (p. 464)
Walnut halves
Lettuce

Mix kraut, carrot, and dressing. Arrange on lettuce. Garnish with nut meats.

Spinach Salad

Season finely chopped, cooked spinach with lemon juice. Pack solidly in oiled molds. Chill, remove from molds, and serve on lettuce. A thin round slice of cooked ham may be put under each mold. Serve with Tartare Sauce (p. 362).

Tomato Salad

To Peel Tomatoes. Hold on fork over gas flame for a moment until skin wrinkles and splits, then peel. *Or* drop into boiling water for 2 minutes, remove, peel, and chill. *Or* rub entire surface with back of knife and peel.

Serve whole, halved, quartered, or sliced on any salad green. Use French Dressing (p. 456) or variation, or Cream Mayonnaise (p. 462), or Horse-radish Dressing (p. 460). With plain tomato or any of the following combinations use watercress or finely chopped chives as garnish.

Poinsettia Salad

Peel tomatoes, chill, cut in eighths without cutting through sections. Open to represent petals of flower. In center of each, put 1 tablespoon cream cheese mashed, moistened with French Dressing (p. 456), and seasoned with salt and paprika. Serve with Martinique French Dressing (p. 458).

Tomato and Cucumber Salad I

Slice tomato from top to bottom but do not cut all the way through. Arrange slices of cucumber in cuts. Serve on salad green with French Dressing (p. 456).

Tomato and Cucumber Salad II

Quarter tomato but do not cut apart. Fill center with diced or Julienne-shaped pieces of cucumber, mixed with Mayonnaise (p. 460). Sprinkle with chopped chives. Pass French Dressing (p. 456). Diced pimiento may be mixed with cucumber.

Tomato and Cucumber Salad III

Arrange alternate slices of tomato and cucumber until 6 slices have been piled one on top of another. Place on lettuce leaves, garnish with strips of red and green peppers. Serve with French Dressing (p. 456) or Mayonnaise (p. 460). Remove seeds from peppers and parboil 2 minutes before using.

Huntington Salad

Wipe, peel, and chill medium-sized tomatoes, then cut in 5 vertical slices, crosswise, not severing sections. Mash cream cheese, moisten with French Dressing (p. 456), pack into a timbale mold, and chill thoroughly. Remove from mold, cut in ¼-inch slices, crosswise, and fit slices into cuts in tomatoes. Serve in nests of crisp lettuce leaves with French Dressing.

Nugget Salad

Wipe, peel, and cut in halves small yellow tomatoes. Chill thoroughly, arrange on a bed of lettuce leaves, pour over French Dressing (p. 456), and sprinkle with finely chopped parsley.

Porcupine Salad

Peel small tomatoes and stick with 2-inch narrow strips of celery and green pepper at regular intervals, allowing 7 of each to a tomato. Serve on lettuce with Waltham Salad Dressing (p. 466).

Tomato and Orange Salad

Arrange slices of tomato and orange sections, alternately, on salad green. Serve with French Dressing (p. 456).

Anna Salad

Place thick slice of tomato on salad green. Mix Julienne-shaped pieces of celery and apple with Mayonnaise (p. 460) and arrange around

tomato. Sprinkle with a few chopped nuts. Serve with French Dressing (p. 456).

Tomato and Pineapple Salad

Quarter tomato but do not cut through. Arrange on salad green and fill center with crushed pineapple, drained and mixed with Mayonnaise (p. 460). Sprinkle with finely chopped red and green peppers.

Stuffed Tomato Salad

Peel, remove thin slice from top. Take out seeds and some of pulp. Sprinkle inside with salt. Invert, let stand 30 minutes. Fill as desired, garnish, and serve on salad green.

Fillings for Stuffed Tomato Salad

Chicken Salad (p. 442) (Tomato Surprise)

Crab Meat Salad (p. 443).

Russian Salad (p. 431).

Diced cucumbers mixed with Mayonnaise (p. 460).

Shredded pineapple, fresh or canned, mixed with ⅓ the amount of nut meats. Mix with Mayonnaise (p. 460).

Finely cut celery and apple mixed with Mayonnaise (p. 460).

Roquefort and cream cheese worked together and moistened with French Dressing (p. 456).

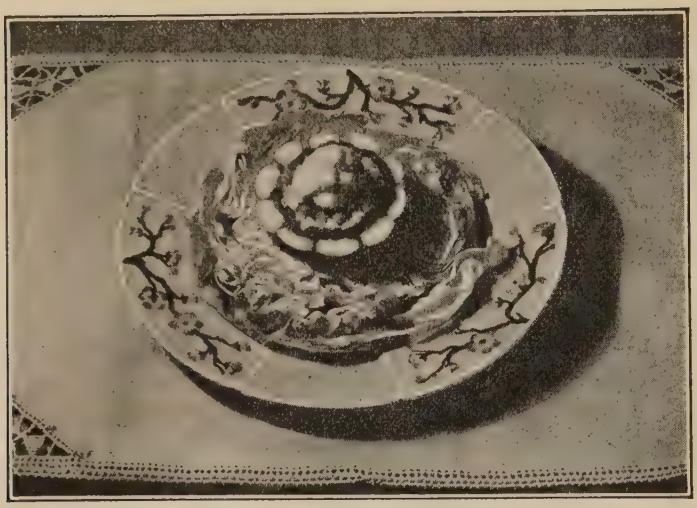
Chopped broiled bacon, diced sardines, and tomato cut in small pieces.

Cream cheese, chopped stuffed olives, and tomato pulp moistened with French Dressing (p. 456) and seasoned with mustard.

Caviare and cold, boiled rice, moistened with French Dressing (p. 456) or Mayonnaise (p. 460).

Indian Salad

Prepare tomatoes as for Stuffed Tomato Salad. Insert in each 6 to 8 short stalks of cold, boiled asparagus or asparagus tips. Put over asparagus, resting on rims of tomato, ¼-inch rings cut from a cold boiled beet. Over beet rings arrange ¼-inch rings cut from green pepper, and over green pepper rings, red pepper rings. Arrange for individual service on crisp lettuce leaves and serve with Indian Dressing (p. 458).



Individual Vegetable Salads

Arrange thick slice of tomato on salad green. Put cauliflower floweret in center. Surround with row of green peas, then row of finely chopped pickled beets. The outside row may be carrot slices or pieces of green or wax beans. One row may be cream cheese put on with pastry bag and tube. Serve with French Dressing (p. 456).

Health Salad I

Mix Mayonnaise separately with finely chopped, raw green peppers or finely chopped watercress, finely chopped, raw cabbage, and grated, raw carrot. Pack in layers in small timbale molds. Turn out on lettuce. Garnish with radishes and rosettes of cream cheese. Pass French Dressing (p. 456).

Health Salad II

Mix equal quantities diced celery, diced canned pear, chopped and drained sauerkraut, and bran. Mix with Thousand Island Dressing (p. 460). Arrange on lettuce.

Heliofolis Salad

½ cup celery, cut in thin slices
1 apple, cut in eighths and sliced
1 small green pepper
4 tomatoes, peeled, cut in sections
Cream Mayonnaise (p. 462) or
Vinaigrette Sauce (p. 361)
Lettuce or romaine

Remove seeds and parboil pepper. Chill, cut in Julienne-shaped pieces. Marinate celery, apple, pepper, and tomatoes separately. Arrange on salad green and serve with Cream Mayonnaise or Vinaigrette Sauce.

Macedoine Salad

Marinate separately any cold, cooked vegetables. Arrange in symmetrical pattern on salad plate or in salad bowl. Garnish. Serve with French Dressing (p. 456) or Mayonnaise (p. 460).

Russian Salad

Combine any cooked vegetables. Add Cooked Dressing (p. 464) or Cream Dressing I (p. 464). Arrange in salad bowl on bed of lettuce. Mask with dressing. Divide top in 4 sections with lines of chopped parsley, chopped green pepper, chopped pimiento or pepper or pimiento strips. Garnish each section differently, with small pieces of smoked salmon, finely chopped, cooked egg white, finely chopped, cooked egg yolks forced through a strainer, or green peas.

Salad à la Russe

6 tomatoes
⅓ cup cucumber dice
⅓ cup cooked peas
¼ cup pickles, finely chopped
2 tablespoons capers
Salt, pepper, and vinegar
½ cup cold, cooked chicken, diced
Mayonnaise (p. 460)
Lettuce
Finely chopped parsley

Prepare tomatoes as for Stuffed Tomato Salad. Mix ⅓ cup drained tomato pulp with cucumbers, peas, pickles, and capers. Season. Squeeze thoroughly in cheesecloth. Add chicken. Mix with Mayonnaise. Refill tomatoes. Serve on lettuce sprinkled with finely chopped parsley.

Allerton Salad

½ cup cucumber, cut in tiny cubes
½ cup celery, thinly sliced
¼ cup walnut meats, broken in pieces
Lettuce
3 tablespoons finely chopped red or green pepper
6 thick slices tomatoes
Cooked Dressing (p. 464)
Finely cut chives

Moisten cucumber, celery, nuts, and pepper with dressing. Mound on tomato slices arranged on lettuce. Sprinkle with chives.

CHEESE SALADS

Cheese Salad

Sprinkle salad green with Edam cheese broken in small pieces. Serve with French Dressing (p. 456).

Cream Cheese Salad

Work cream cheese with enough salad dressing to mold in small balls. If desired, roll in chopped nut meats, grated, raw carrot, or chopped parsley. Serve on any salad green with French Dressing (p. 456).

Cheese and Olive Salad

Mash cream cheese, add cream, and season with salt and pepper. Add finely chopped olives and finely cut pimiento. Press in mold. Let stand 2 hours. Cut in slices and serve on salad green with Mayonnaise (p. 460).

Cheese and Bar-le-Duc Salad

Arrange Cream Cheese Salad. Top with a spoonful of Bar-le-Duc currants. Serve with French Dressing (p. 456).

Shamrock Salad

Parboil four-lobed green peppers (seeds removed) 5 minutes. Chill. Stuff solidly with mashed cream cheese, to which have been added grated cheese, chopped pimientos, chopped stuffed olives, and cream or salad dressing to moisten. Other combinations may be used. Chill, slice, and serve on salad green with Mayonnaise (p. 460).

Rochester Salad

Use canned pimientos in place of peppers in Shamrock Salad. Serve with California French Dressing (p. 456).

FRUIT SALADS

Alligator Pear Salad

Cut in half, remove large seed. Serve half to a person, or slice, cube, cut in wedge-shaped pieces or in balls, with a French vegetable cutter.

Marinate, drain, and serve on salad green with French Dressing (p. 456) made with lemon juice, Roquefort French Dressing (p. 459), or Lime Dressing (p. 458).

Alligator Pear and Cantaloupe

Arrange cubes or balls of pear and cantaloupe (or other melon) on salad green. Serve with Parisian French Dressing (p. 456) or Vinaigrette Dressing (p. 361).

Alligator Pear and Celery

Moisten finely cut celery with Roquefort Mayonnaise (p. 463). Arrange 6 thin slices of pear on salad green with a little prepared celery between slices. Serve with French Dressing (p. 459).

Alligator Pear and Cucumber Salad

Serve slices of alligator pear and cucumber on lettuce or romaine. Sprinkle half with chopped Brazil nuts, other half with chopped green pepper. Serve with French Dressing (p. 456).

Alligator Pear and Orange

Slice pear and cut to correspond to orange sections. Arrange pear and orange alternately on salad green. Sprinkle with chopped truffle. Serve with French Dressing (p. 456).

Alligator Pear, Orange, and Grapefruit Salad

Fill halves of alligator pear with diced orange and grapefruit mixed with French Dressing (p. 456). Serve on salad green.

Tango Salad

Cut alligator pear in horseshoe-shaped pieces. Fill spaces with orange sections. Use bits of truffle for nails. Arrange on salad green. Serve with Tango Salad Dressing (p. 466).

Alligator Pear and Tangerine Salad

Arrange alternate tangerine sections and slices of alligator pear on lettuce. Serve with French Dressing (p. 456).

Alligator Pear and Tomato I

Cut pear in horseshoe-shaped pieces. Put tomato slice in each. Serve on any salad green with Thousand Island Dressing (p. 463).

Alligator Pear and Tomato II

Cut thick slice of tomato. Remove center. Arrange on salad green. Fill with pear cut in balls. Serve with French Dressing (p. 456) made with lemon juice and tomato catsup.

Apple and Cheese Salad

Arrange apple balls (cut with French cutter) and cream cheese balls on lettuce. Garnish with strips of canned pimientos. Serve with French Dressing (p. 456).

Banana Salad

Remove 1 section of skin from each of 4 bananas. Take out fruit, scrape, and cut fruit from 1 banana in thin slices, fruit from other 3 bananas in ½-inch cubes. Marinate cubes with French Dressing (p. 456). Refill skins and garnish each with slices of banana. Arrange on salad green.

Banana and Peanut Salad

Remove skins from bananas, scrape, using silver knife, and cut in thirds crosswise. Cut each third in pieces lengthwise, and roll in finely chopped peanuts. Arrange on lettuce and pour over French Dressing (p. 456). Slices of tangerine may be used with banana.

Cherry Nut Salad

Fresh or canned cherries	Lettuce
Pecan nut meats	Cream Mayonnaise (p. 462)

Remove stones and fill cherries with nut meats. Arrange on lettuce. Serve with Cream Mayonnaise.

Date Salad

Slit dates and remove stones. Stuff with cream cheese, plain or mixed with chopped seedless raisins and chopped blanched almonds. Dates may be rolled in finely chopped coconut. Serve on salad green with French Dressing (p. 456).

Grapefruit Basket Salad

Fill Grapefruit Basket (p. 129) with diced grapefruit and shredded lettuce mixed with Mayonnaise (p. 460). Garnish with halved cherries. Serve on lettuce.

Grapefruit and Celery Salad I

Arrange grapefruit sections on romaine or other salad green. Sprinkle with Julienne-shaped pieces of celery and chopped ripe olives. Serve with French Dressing (p. 456).

Grapefruit and Celery Salad II

Cut grapefruit in quarters, lengthwise. Remove pulp and add to it an equal quantity of finely cut celery. Refill sections, mask with Mayonnaise, and garnish with celery tips or curled celery, and canned pimiento cut in strips.

Pepper and Grapefruit Salad

Fill halves of green peppers (seeds removed) with grapefruit pulp, finely cut celery, and English walnut meats broken in pieces, allowing twice as much grapefruit as celery and 2 nut meats to each pepper. Arrange on salad green and serve with Mayonnaise (p. 460).

Malaga Salad

White grapes, skinned and seeded
English walnut meats, broken in pieces
French Dressing (p. 456)
Lettuce
Maraschino cherries

Marinate grapes and nuts. Serve on lettuce and garnish with cherries.

Melon Salad

Arrange balls or slices of watermelon, canteloupe, or honeydew melon, alone or in combination, on lettuce. Serve with French Dressing (p. 456).

Orange Salad

Arrange sections of orange on salad green. Garnish with watercress. Serve with French Dressing (p. 456).

Orange and Grapefruit Salad

Alternate sections of orange and grapefruit on salad green. Garnish with thin strips of red and green pepper. Serve with French Dressing (p. 456).

Orange Basket Salad

Fill Orange Basket (p. 129) with equal parts diced alligator pear, diced pineapple, and diced orange. Serve with Cream Mayonnaise (p. 462) to which has been added 1 tablespoon finely chopped Canton ginger.

Orange and Onion Salad

Garnish Orange Salad with 2 or 3 thin rings of Bermuda onion.

Orange and Pineapple Salad

Serve orange and pineapple cubes on lettuce. Sprinkle with chopped nuts. Serve with French Dressing (p. 456) or Mayonnaise (p. 460).

Black-eyed Susan

Arrange orange sections on lettuce like the petals of a flower. Put cream cheese ball in center. Sprinkle cheese with chopped ripe olives or truffle. Serve with French Dressing (p. 456).

Orange Mint Salad

Sprinkle Orange Salad with finely chopped, fresh mint leaves.

Peach Salad (Game Salad)

Canned peaches, drained Lettuce
Lime Dressing (p. 458)

Arrange halves of fruit on lettuce. Pour on dressing.

Pear Salad

Slice whole canned or very ripe pears. Rearrange in original shape on lettuce. Insert Angelica stems. Serve with French Dressing (p. 456), Roquefort French Dressing (p. 459), Cream Dressing (p. 464), or Ginger French Dressing (p. 457).

Pear Salad with Ginger Cheese Balls

Mash cream cheese. Moisten with cream or salad dressing. Add finely chopped Canton ginger. Mold in balls and place in halves of canned pears. Serve on lettuce with French Dressing (p. 456).

Edgewater Pear Salad

Fill halves of pear with chopped pecans, raisins, and finely cut celery. Serve with Cream Dressing (p. 464) or Mayonnaise (p. 460).

Pear and Celery Salad

Fill halves of pear with finely cut celery and apple mixed with cream cheese thinned with cream. Sprinkle with chopped green pepper. Garnish with watercress. Serve with French Dressing (p. 456).

Belle Fermière

Serve halves of pear on salad green, round side up. Garnish with cream cheese rosettes. Top with Bar-le-Duc currants. Serve with French Dressing (p. 456).

Bunny Salad

Invert halves of pear on bed of shredded lettuce, insert blanched almonds for the ears of the rabbit, cloves or pink candies for the eyes and nose. Use bit of marshmallow for tail. Serve with French Dressing (p. 456).

Prune Salad

Chill selected prunes (cooked or canned), slit, and remove pit. Fill solidly with cream cheese. Smooth cheese along cut so that a band of cheese ¼ inch wide may be seen. Arrange 3 prunes on lettuce for each salad. Serve with French Dressing (p. 456).

Strawberry Salad

Sprinkle strawberries with sugar. Chill. Arrange in lettuce nests. Pour Cream Mayonnaise (p. 462) over salad. Garnish with chopped pistachio nuts.

SUNBONNET AND BUNNY SALADS

Sunbonnet Salad

Invert half of pear on cup-shaped piece of lettuce having small end of pear on stem end of lettuce. Pin lettuce to pear with cloves on either side. Make face on pear with candies or cloves, or paint with vegetable color. Use strips of pimiento for bonnet strings.

MIXED FRUIT SALADS

Butterfly Salad

Pineapple slices
Bananas
Capers
Lettuce
Chopped ripe olives or bits of pimiento
Lemon juice
Red Mayonnaise (p. 463)
French Dressing (p. 456)

Split bananas lengthwise. Dip in lemon juice to prevent discoloration. Place one half on lettuce. Arrange half of slice of pineapple on each side to represent wings. Use capers for eyes. Garnish body with olives or pimiento. Decorate wings with colored Mayonnaise. Serve with French Dressing. The body may be made of cream cheese.

Brazilian Salad

½ cup white grapes, skinned, seeded, and cut in halves
½ cup crushed pineapple
½ cup apple, pared, cored, and cut in small pieces
½ cup celery, cut in small pieces
¼ cup Maraschino cherries, finely cut
2 tablespoons chopped Brazil nuts
Lemon juice
Cream Mayonnaise (p. 462)
Lettuce

Mix fruit and nuts. Season with lemon juice. Moisten with Cream Mayonnaise and serve on lettuce.

Candlestick Salad

Sliced pineapple
Bananas
Strawberries or Maraschino cherries
Green or red pepper, citron, or orange peel
Cream Dressing (p. 464)
Lettuce

Arrange slice of pineapple on lettuce. Cut bananas in half, crosswise. Stand one half upright in hole in pineapple slice. Pour a bit of dressing over top for wax. Top with cherry or strawberry for flame. Attach handle of pepper, citron, or orange peel to pineapple. Pass extra dressing.

French Fruit Salad

2 oranges
3 bananas
½ pound Malaga grapes
12 English walnut meats
1 head lettuce
French Dressing (p. 456) or Cream Mayonnaise (p. 462)

Pare oranges and remove pulp separately from each section. Peel bananas and cut in ¼-inch slices. Remove skins and seeds from grapes. Break walnut meats in pieces. Mix prepared ingredients with dressing and arrange on lettuce leaves.

Hungarian Fruit Salad

1 cup crushed pineapple, drained
1 cup banana slices
1 cup tangerine sections
French Fruit Dressing (p. 457) or Cream Mayonnaise (p. 462)
Lettuce

Mix fruit and dressing. Arrange on lettuce. Sprinkle with paprika or few gratings of nutmeg.

Lakewood Fruit Salad

1 grapefruit
2 oranges
¾ cup white grapes, skinned and seeded
⅓ cup pecan nut meats, broken in pieces
Romaine
Lakewood French Dressing (p. 458)

Remove grapefruit and orange sections. Add grapes and nuts. Arrange on romaine. Pour on dressing.

Los Angeles Fruit Salad

¾ cup marshmallows, cut in strips
1 cup pineapple cubes
1½ cups Malaga grapes, skinned, seeded, and cut in halves
¾ cup orange sections
¼ cup English walnut meats, cut in pieces
Few grains salt
Cream Dressing I (p. 464)
Orange Baskets (p. 129)
Lettuce
Canned pimiento, grapes, and parsley for garnishing

Mix marshmallows, fruit, and nuts. Season with salt. Moisten with dressing. Fill orange baskets. Cover top with dressing, garnish, and serve on lettuce.

Moquin Salad I

1 cup white grapes, peeled and seeded
Canned pimiento
1¼ cups tangerine or orange sections
¼ pound cream cheese
¼ cup chopped pecan or pistachio nut meats
Lettuce
French Dressing (p. 456)

Mash cream cheese, add nuts, and moisten with French Dressing. Make into balls about size of grapes. Stuff grapes with pimiento. Arrange grapes, orange or tangerine sections, and cheese balls on separate cup-shaped leaves of lettuce having stem ends of lettuce come together in center. Garnish with watercress. Serve with French Dressing.

Moquin Salad II

Canned pineapple slices
Cream cheese
French Dressing (p. 456)
Currant jelly
Lettuce

Work cheese and moisten with French Dressing. Arrange slices of pineapple on lettuce. Decorate with cheese forced through pastry bag and tube. Put cube of currant jelly in center. Serve with French Dressing.

Panama Salad

Place a slice of pineapple on lettuce. Arrange alternate sections of grapefruit and orange like a dome on pineapple. Top with cherry cut like flower and leaves cut from green pepper. Serve with French Dressing (p. 456).

Parisian Grapefruit Salad

Canned artichoke bottoms, marinated
Grapefruit sections, cut in halves
Canned pimiento
Lettuce
French Dressing (p. 456) made with lemon juice

Arrange grapefruit sections, dome-shaped, on artichoke bottoms. Mark sections with pimiento cut in strips. Top with pimiento cut in fancy shapes. Serve on lettuce with dressing.

Romaine Fruit Salad

Separate one head romaine in quarters. Put sections on salad plates for individual service and arrange on each, sections of grapefruit, oranges, and pears, using 2 of each. Place at ends pickled walnuts. Serve with French Dressing (p. 456).

Waldorf Salad

1 cup diced apple
1 cup finely cut celery
Lettuce
½ cup walnut meats, broken in pieces
Mayonnaise (p. 460)

Mix apple, celery, and nuts with Mayonnaise. Serve on lettuce. Nuts may be omitted.

SALADS WITH FISH, MEAT, AND EGGS

After Theater Salad

1 cup cooked salt herring, flaked
1 cup cold, boiled potato, cubed
¼ cup finely chopped whites of hard-cooked eggs
French Dressing (p. 456)
¼ cup heavy cream, beaten until stiff
2 tablespoons Pimiento Purée (p. 343)
½ cup Mayonnaise (p. 460)
Lettuce

Mix herring, potato, and egg. Marinate and chill 1 hour. Add Pimiento Purée to cream, add Mayonnaise, and use to moisten herring mixture. Serve on lettuce.

Chicken and Celery Salad

1 cup cooked chicken, cubed
1 cup celery, cut in small pieces
Chicken Salad Dressing (p. 465) or
Mayonnaise (p. 460) or
Cream Mayonnaise (p. 462)
Lettuce
Capers and celery tips for garnishing

Mix chicken and celery with dressing. Serve on lettuce and garnish.

Chicken and Cucumber Salad (Swiss Salad)

1 cup cooked chicken, diced
1 cucumber, pared and cubed
1 cup chopped English walnut meats
1 cup small canned peas
French Dressing (p. 456)
Mayonnaise (p. 460)
Lettuce

Marinate chicken, cucumber, nuts, and peas with French Dressing. Serve on lettuce with Mayonnaise.

Chicken and Artichoke Salad (Runnymede Salad)

½ cup cooked chicken, sliced and cut in tiny squares
Chutney Mayonnaise (p. 462)
½ cup artichoke bottoms, cut like chicken
2 tablespoons truffle, cut in small pieces
½ cup cold, boiled potatoes, cut like chicken
Cucumber Cups (p. 424)
Lettuce

Mix chicken, potatoes, artichokes, and truffle with Mayonnaise. Serve in cucumber cups on lettuce.

Chicken Salad with Chestnuts (Berkshire Salad)

1 cup cooked chicken, diced
1 cup boiled French chestnuts (p. 390)
1 cup celery, cut in small pieces
Cracker Boxes (p. 418)
1 red pepper (seeds removed) or 1 pimiento, finely chopped
Mayonnaise (p. 460)

Marinate chicken and chestnuts. Add celery and pepper, mix with Mayonnaise. Fill cracker boxes. Mask with Mayonnaise. If desired, tie boxes with red ribbon. Garnish with holly.

Chicken and Oyster Salad

1 cup cooked chicken, cubed
1 cup oysters, parboiled
Mayonnaise (p. 460)
Lettuce

Remove tough muscles of oysters. Mix chicken, oysters, and dressing. Serve on lettuce.

Chicken Salad with Toasted Walnuts (Nile Salad)

1½ cups cooked chicken, cubed
½ cup walnut meats
Salt
¾ tablespoon butter
French Dressing (p. 456)
¾ cup celery, broken in small pieces
Lettuce
Ravigôte Mayonnaise (p. 463)

Put nuts in pan, sprinkle sparingly with salt and butter. Bake in slow oven (250° F.) until thoroughly heated, stirring occasionally. Remove, break in pieces.

Marinate chicken and nuts with French Dressing. Add celery. Arrange on lettuce and mask with Ravigôte Mayonnaise.

Éclairs of Chicken, Mayonnaise

Serve any chicken salad in Éclairs (p. 658).

Individual Chicken Salads in Aspic

Set individual molds in icewater. Cover bottoms with Aspic Jelly mixture (p. 499). When firm, decorate with yolks and whites of hard-cooked eggs, cooked as for Harlequin Slices (p. 183), and truffles cut in fancy shapes, or blanched and halved pistachio nuts. Cover carefully with aspic. Moisten finely chopped, cooked fowl with Mayonnaise (p. 460), shape in balls, put ball in each mold, and add aspic to fill. Chill thoroughly. Arrange on lettuce and serve with Mayonnaise.

Mock Chicken Salad

Use cold roast pork, cubed, in place of chicken in Chicken and Celery Salad (p. 442) or Chicken and Cucumber Salad (p. 442). Chopped stuffed olives and chopped pimiento may be added.

Crab Meat Salad

1 cup flaked crab meat
⅔ cup celery, cut in small pieces
6 small tomatoes, peeled, chilled, and quartered
Mayonnaise (p. 460)
Lettuce

Moisten crab meat, celery, and tomatoes with Mayonnaise. Arrange on lettuce and garnish. Tomatoes may be omitted.

Egg Salad I

Hard-cooked eggs
Lettuce
Oil Dressing I or II (pp. 463, 466) or other dressing

Cut eggs in halves, lengthwise. Remove yolks, mash, and season with dressing. Force through pastry bag and tube into whites. Serve on lettuce with dressing.

Egg Salad II

Make like Egg Salad I, adding to yolks equal amount of finely chopped chicken.

Spring Salad

3 hard-cooked eggs
Cream Dressing (p. 464)
⅓ cup cucumber cubes
2 tablespoons chopped sweet cucumber pickles
6 thick slices tomato
Lettuce
Watercress
Pickle cut in diamond shape for garnishing

Cut eggs in half, crosswise. Remove yolks, cut thin slice from each end of whites to make cup that will stand upright. Mash yolks, moisten with dressing. Mix cucumber and pickles with dressing and fill cups. Garnish with yolk mixture forced through pastry bag and rose tube. Arrange tomato slices on lettuce and place egg cup on each. Garnish with watercress and pickle.

Ham Roll Salad

Spread thin slices of cold, boiled ham with cream cheese, mixed with India Relish and Mayonnaise (p. 460). Roll and serve on lettuce with French Dressing (p. 456).

Lobster Salad I

Lobster meat, cubed
French Dressing (p. 456)
Mayonnaise (p. 460) or Cream Dressing I or II (p. 464)
Lettuce

Marinate lobster meat with French Dressing. Mix with Mayonnaise or Cream Dressing. Serve on lettuce with spoonful of dressing on top. Sprinkle with lobster coral rubbed through sieve.

Lobster Salad II

Follow recipe for Lobster Salad I, adding equal quantity finely cut celery.

Lobster Salad in Lobster Shell

Remove large claws and cut through the body shell, beginning on inside of tail end and cutting through entire length of tail and body. Open lobster, remove tail meat, liver, and coral, and set aside. Discard intestinal vein, stomach, and fat, and wipe inside thoroughly with cloth wrung out of cold water. Remove claw meat, keeping shells in shape to use as garnish. Cut lobster meat in half-inch cubes, marinate with French Dressing (p. 456), and mix with an equal quantity of finely cut celery. Season with salt, pepper, and vinegar, and moisten with Mayonnaise (p. 460). Refill tail and body. Mix liver and coral, rub through a sieve, add 1 tablespoon Mayonnaise and a few drops Anchovy Sauce, if desired, then enough more Mayonnaise to cover lobster already in shell. Arrange lobster on a bed of lettuce leaves and garnish with lines of paprika.

Oyster and Grapefruit Salad

1 pint oysters, parboiled (p. 229)
2 grapefruit
4 tablespoons tomato catsup
3 tablespoons grapefruit juice
¾ tablespoon Worcestershire Sauce
6 drops Tabasco Sauce
Salt

Remove tough muscles from oysters. Chill. Cut grapefruit in halves, remove pulp, drain, and add to oysters. Add seasonings. Refill grapefruit with mixture and garnish with curled celery.

Salmon Salad

Mix flaked, cooked or canned salmon with French (p. 456), Mayonnaise (p. 460), or Cream Dressing (p. 464). Serve on salad green, garnished with yolk of hard-cooked egg forced through strainer and egg white cut in strips.

Salmon à la Martin

2 cups flaked salmon
Ravigôte Mayonnaise (p. 463)
Lettuce
Canned pimiento and truffles, cut in fancy shapes for garnishing

Moisten cooked or canned salmon with Mayonnaise. Arrange on lettuce, mask with Mayonnaise, and garnish.

Sardine Salad

Remove skin and bones from sardines and mix with an equal quantity of the mashed yolks of hard-cooked eggs. Arrange in nests of lettuce leaves and serve with Mayonnaise (p. 460).

Scallop and Tomato Salad

2 cups Fried Scallops (p. 236)
Sliced tomatoes
Watercress
French Dressing (p. 456) made with lemon juice and flavored with chopped shallot

Cool scallops, cut in halves, marinate, and serve with tomatoes and cress.

Shad Roe Salad

In each well-buttered cup or other individual mold drop 1 egg white. Sprinkle with salt and pepper and in center of each place 1-inch piece of cooked shad roe. Set molds in pan of hot water and bake until white is set. Remove from molds and marinate with French Dressing (p. 456).

When thoroughly chilled, arrange in nests of lettuce leaves, and garnish with Mayonnaise (p. 460) forced through pastry bag and tube, and thin strips of red pepper.

Shrimp Salad

Shrimp, fresh or canned
Cream Dressing II (p. 464)
Whole shrimps, capers, and quartered olives for garnishing
Lettuce

Drain and dry shrimps. Remove intestinal vein. Break in pieces. Moisten with dressing, arrange on lettuce. Put spoonful of dressing on each salad. Garnish.

Sweetbread and Celery Salad

1 cup sweetbread, parboiled (p. 295) and cubed
1 cup finely cut celery
Cream Dressing (p. 464)
Lettuce

Add dressing to sweetbread and celery. Serve on lettuce.

Harvard Salad

Arrange Sweetbread and Cucumber Salad, Sweetbread and Celery Salad, or any Chicken Salad in Lemon Baskets (p. 129). Make cut in top of each handle for sprig of parsley. Finely chop thin red radish parings and cover half the baskets. Cover other half with finely chopped parsley. Alternate red and green baskets on serving dish and garnish.

Sweetbread and Cucumber Salad

1 cup parboiled sweetbread (p. 295), diced
1 cup cucumber, diced
Salt and pepper
German Dressing (p. 460)
Lettuce

Mix sweetbread and cucumber. Season and add German Dressing. Arrange on lettuce or in Cucumber Cups or Cucumber Boats (p. 424).

MOLDED SALADS

Jellied Salad

1 tablespoon granulated gelatine, soaked in
¼ cup cold water
½ cup celery, cut fine
¾ cup Cooked Dressing (p. 464) or Cream Dressing I or II (p. 464)
1 cup crab meat or lobster (shredded) or chicken (cut in small pieces)
¼ cup chopped green pepper, pimientos, or stuffed olives
Salt and paprika

Dissolve soaked gelatine over hot water and add to dressing. Fold in crab meat, lobster, or chicken, and celery. Add peppers, pimientos, or olives, or some of each. Add salt and paprika to taste. Mold and chill.

Crab Meat and Pineapple Salad

2 teaspoons granulated gelatine, soaked in
⅓ cup Chicken Stock (p. 154), or grapefruit juice
1 tablespoon tarragon vinegar
½ cup Mayonnaise (p. 460)
½ cup grapefruit pulp
½ cup pineapple, crushed or cubed
1 cup crab meat

Dissolve soaked gelatine over hot water. Add vinegar and add slowly to Mayonnaise, beating thoroughly. Mix fruit and crab meat and add to first mixture. Pack in oiled molds. Chill, unmold, and serve on lettuce.

Cranberry Jelly Salad

2 cups cranberries
1 cup boiling water
1 cup sugar
1¼ tablespoons granulated gelatine, soaked in
¼ cup cold water
½ cup finely cut apple or celery
¼ cup chopped nut meats
Mayonnaise (p. 460)
Lettuce

Cook cranberries and water 20 minutes. Force through strainer. Add soaked gelatine, stir until gelatine is dissolved, and add sugar. When mixture begins to thicken, fold in apple or celery and nut meats. Mold and chill. Slice and serve on lettuce with Mayonnaise.

East India Salad

½ pound cream cheese
Milk or cream to moisten
½ cup grated cheese
1 cup whipped cream
1 tablespoon granulated gelatine, soaked in
1 tablespoon cold water and dissolved in
1 tablespoon boiling water
Salt
Paprika
Curry Dressing (p. 457)

Work cream cheese until smooth. Moisten with milk or cream. Add grated cheese, cream, and dissolved gelatine. Season highly and turn into oiled border mold. Chill, remove from mold. Arrange on lettuce leaves, fill center with lettuce, and serve with Curry Dressing.

Fish Salad with Cucumber Sauce

1½ cups cold, flaked fish
Salt, cayenne, lemon juice
⅓ tablespoon granulated gelatine, soaked in
1½ tablespoons cold water
Cream Dressing II (p. 464)
½ cup heavy cream, beaten until stiff
Lettuce
Cucumber Sauce (p. 362)

Season fish with salt, cayenne, and lemon juice. Cover and let stand 1 hour. Dissolve soaked gelatine over hot water and add to

dressing. When dressing begins to thicken, add cream and fold in fish. Mold, chill, unmold, and serve on lettuce with Cucumber Sauce.

Fruit and Ginger Ale Salad

2 tablespoons granulated gelatine, soaked in
2 tablespoons cold water
⅓ cup boiling water
¼ cup lemon juice
2 tablespoons sugar
Few grains salt
1 cup ginger ale
⅓ cup Malaga grapes, skinned, seeded, and cut in halves
⅓ cup celery, thinly sliced
⅓ cup apple, cored and cut in Julienne-shaped pieces
¼ cup pineapple cubes
2 tablespoons chopped, candied ginger

Dissolve soaked gelatine in boiling water. Add lemon juice, sugar, salt, and ginger ale. When mixture begins to set, fold in other ingredients. Turn into border mold and chill. Unmold, garnish, fill center with Mayonnaise (p. 460). Other combinations of fruit may be used with this ginger ale jelly foundation.

Grapefruit Jelly Salad

⅓ cup sugar
⅓ cup water
1 tablespoon granulated gelatine, soaked in
2 tablespoons cold water
¾ cup grapefruit juice
1 tablespoon lemon juice
Few grains salt
¼ pound cream cheese, moistened with cream
Salt, pepper, onion juice
¼ cup chopped English walnut meats
Watercress

Boil sugar and water 3 minutes. Add soaked gelatine, fruit juices, and salt. Strain into cold, wet mold. Chill, remove from mold, and decorate with cheese seasoned with salt, pepper, and onion juice and forced through pastry bag and tube. Sprinkle with nuts, garnish with cress. Serve with French Dressing (p. 456) made with half lemon juice.

Kentucky Salad

½ cup cucumber, pared, chopped, and drained
½ cup crushed pineapple, drained
1¼ tablespoons granulated gelatine, soaked in
¼ cup cold water and dissolved in
¼ cup boiling water
¼ cup sugar
¼ cup vinegar
⅔ cup pineapple juice
1 tablespoon tarragon vinegar
1 tablespoon lemon juice
Few grains salt
Lettuce
Mayonnaise (p. 460)

Combine sugar, vinegars, and fruit juices. Add salt. Heat to boiling point, add dissolved gelatine. Cool, add cucumber and pineapple. Mold, chill, remove from mold, and arrange on lettuce with Mayonnaise. ¼ cup chopped celery and ¼ cup chopped nuts may be used in place of cucumber.

Molded Russian Salad

Aspic Jelly (p. 499) or Quick Aspic (p. 500)
Lettuce
Cold cooked vegetables, cut in fancy shapes
Mayonnaise (p. 460)

Set individual molds in pan of ice water. Pour in aspic ¼ inch deep. When firm, decorate bottom and sides of mold with vegetables. Add aspic and when firm, fill mold ⅔ full of vegetables. Add aspic to fill. Chill thoroughly. Unmold, arrange on lettuce. Serve with Mayonnaise.

Perfection Salad

2 cups tomatoes
¼ cup mild vinegar
2 tablespoons granulated gelatine
¼ cup cold water
1 tablespoon sugar
Bit of bay leaf
½ teaspoon salt
1½ tablespoons chopped onion
½ cup shredded cabbage
½ cup shredded celery
1½ tablespoons pimiento or green pepper, finely cut
1½ tablespoons lemon juice

Soak gelatine in cold water. Heat tomatoes and seasoning to boiling point, add gelatine, and stir until dissolved. Strain and add enough water to make 1 pint. Chill. Add vegetables when mixture begins to thicken. Mold and chill.

Jellied Sweetbread and Cucumber Salad

1 sweetbread, parboiled (p. 295) with a bit of bay leaf, 1 slice onion, and 1 blade mace
¼ tablespoon granulated gelatine, soaked in ½ tablespoon cold water
1½ tablespoons boiling water
1½ tablespoons vinegar
½ cup heavy cream, beaten stiff
Salt and paprika
Lettuce
French Dressing (p. 456)
¾ cup cucumber cubes

Dice sweetbread. Dissolve soaked gelatine in boiling water and add vinegar. Add to cream. Add sweetbread and cucumber. Season, mold, and chill. Serve on lettuce with French Dressing.

Tomato Jelly Salad

3 cups canned tomatoes, stewed and strained
1 teaspoon powdered sugar
1 teaspoon salt
2 tablespoons granulated gelatine, soaked in
½ cup cold water
Lettuce
Mayonnaise (p. 460)

Add sugar, salt, and gelatine to hot strained tomato. Strain into small cups. Chill. Run knife around inside of molds so that when taken out, shapes may have rough surface, suggesting fresh tomatoes. Serve on lettuce with Mayonnaise.

Jellied Vegetable Ring

1 tablespoon granulated gelatine, soaked in
¼ cup cold water
1 cup boiling water
¼ cup sugar
¼ cup vinegar
2 tablespoons lemon juice
1 teaspoon salt
1 cup celery, cut in small strips
½ cup shredded cabbage
⅓ cup cucumber cubes
¼ cup cooked green peas
¼ cup cooked beets, cut in fancy shapes
Horse-radish Cream Dressing (p. 460)
Watercress or lettuce

Dissolve soaked gelatine in boiling water. Add sugar, vinegar, lemon juice, and salt. Strain, cool, and when beginning to stiffen, add

vegetables. Turn into ring mold, and chill. Unmold, fill center with dressing, and garnish with salad green.

Macédoine Mold

1½ tablespoons gelatine, soaked in
2 tablespoons cold water
1⅓ cups hot Chicken Stock (p. 154)
¼ cup vinegar
Salt and cayenne
6 hard-cooked eggs
1½ cups chopped, cold, cooked chicken
Mayonnaise (p. 460) or Cooked Dressing (p. 464)

Dissolve gelatine in stock. Add vinegar and season highly with salt and cayenne. Put in center groove of melon mold 4 slices hard-cooked egg. Add stock to cover. Let stand until set, then add cucumber, rest of egg chopped, and chicken. Pour on remaining stock. Chill thoroughly, remove from mold, garnish with dressing. Crab meat, salmon, or ham may be used instead of chicken.

Mexican Jelly

2 large cucumbers, peeled and sliced
½ cup cold water
1¼ tablespoons granulated gelatine, soaked in
½ cup cold water
Few drops onion juice
Few grains cayenne
Salt and pepper to taste
Green vegetable coloring
Cucumber, tomato, and truffle for garnishing
Red Mayonnaise (p. 463) colored with Tomato Purée (p. 343)
1 tablespoon vinegar

Cook cucumbers and cold water slowly until soft. Force through purée strainer. Add gelatine, onion juice, vinegar, cayenne, salt, and pepper. Color green, strain, and mold in individual molds or large mold. Turn out and garnish sides of mold with thin slices of cucumber shaped with small, round, fluted cutter. Arrange circular pieces of truffle on each. Arrange halved tomatoes around mold, each garnished with cucumber and truffle. Serve with Red Mayonnaise.

FROZEN SALADS

To Freeze Salads. Pack in oiled mold or individual molds, tightly sealed. Pack molds in equal parts ice and salt and let stand until

firm (about 4 hours), or pack in drawer of mechanical refrigerator and let stand until frozen. Do not freeze so long that fruit is frozen.

Frozen Fruit Salad I

2 cups fruit, fresh or canned, cut in small pieces
1 teaspoon gelatine, soaked in
3 tablespoons fruit sirup or juice
⅓ cup Mayonnaise (p. 460)
⅔ cup heavy cream, beaten until thick
Salt, paprika, powdered sugar
Lettuce
French Dressing (p. 456) or Mayonnaise

Dissolve soaked gelatine over hot water. Add slowly to Mayonnaise. Beat in cream. Fold in fruit. Season to taste with salt, paprika, and sugar. Freeze (p. 452).

Frozen Fruit Salad II

5 oranges
5 bananas
1 cup diced pineapple
1 cup whipped cream
½ cup Maraschino cherries, cut in pieces
1 cup Cooked Dressing (p. 464)
Lettuce

Add cream to dressing. Add fruit, mix gently. Freeze (p. 452).

Frozen Fruit Salad III

½ cup grapefruit pulp
1 cup mixed, canned fruit
½ cup diced celery
½ cup chopped almonds
½ cup Mayonnaise (p. 460)
¾ cups heavy cream, whipped
½ cup sliced dates

Drain fruit thoroughly, cut in small pieces, combine with celery and almonds. Add cream to Mayonnaise, fold in first mixture. Freeze (p. 452).

Frozen Pear Salad

Pack can of Bartlett pears in ice and salt. Let stand 4 hours. Or remove from can and freeze in drawer of mechanical refrigerator. Slice or cut in squares and serve on lettuce. Sprinkle with paprika. Garnish with cherries and cream cheese rosettes. Serve with French Dressing (p. 456) or Cream Mayonnaise (p. 462).

Frozen Tomato Salad

2 cups canned tomatoes
2 tablespoons sugar
Salt and cayenne
Lettuce
Mayonnaise (p. 460)

Add sugar to tomatoes. Season. Rub through sieve. Freeze in drawer of electric refrigerator or pack in small molds, cover tightly, pack in equal parts salt and ice, and let stand 3 hours. Remove from mold, arrange on lettuce leaves and serve with Mayonnaise.

Frozen Tomato Cream Salad

2 cups canned tomato
6 peppercorns
Bay leaf
2 cloves
2 tablespoons sugar
1 teaspoon salt
1 slice onion
½ tablespoon lemon juice
½ cup cream, beaten stiff

Cook all but cream 10 minutes. Rub through sieve. Freeze to mush, add cream. Pack in salt and ice or in drawer of mechanical refrigerator and leave 1½ hours. Serve on lettuce with Mayonnaise (p. 460).

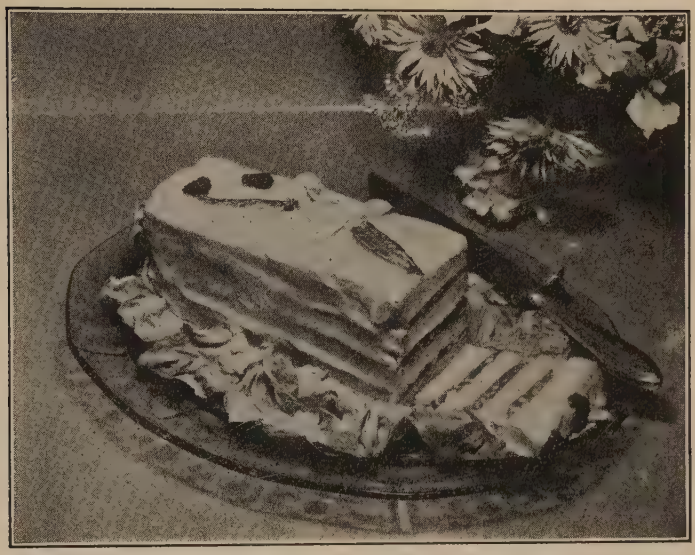
SALAD SANDWICH LOAVES

Salad Sandwich Loaf

1 small loaf sandwich bread
½ cup butter
3 cups salad
Lettuce
Mayonnaise (p. 460)

Remove crusts from bread and cut in 4 slices lengthwise. Cream butter and spread 2 slices on both sides, top and bottom slice on 1 side only. On bottom slice, buttered side up, arrange layer of lettuce and salad. Cover with slice buttered on both sides. Arrange another salad layer. Repeat and put on top slice, buttered side down. Press under light weight. Spread surface with Mayonnaise or cream cheese, mashed and moistened with cream or salad dressing. Garnish as desired. Cut in 1-inch slices for serving.

One salad may be used for all layers, or a combination, such as Vegetable Salad and Chicken Salad, may be used.



Sardine Salad Loaf

1 large tin sardines	Stiff Mayonnaise (p. 460)
4 hard-cooked eggs	1 small loaf sandwich bread
½ cup shredded lettuce	½ cup butter

Pickle, truffle

Remove skins and bones from sardines, reserving 1. Slice 1 egg, chop others, and add to sardines with lettuce and Mayonnaise to moisten. Arrange bread as for Salad Sandwich Loaf, put mixture between slices of bread. Spread entire outside with Mayonnaise. Garnish with sardine, sliced egg, pickle, and truffle.

CHAPTER 29

SALAD DRESSINGS

FRENCH DRESSINGS

French Dressing

½ cup olive or other salad oil
¼ cup vinegar
1 teaspoon salt
½ teaspoon pepper or paprika

Place ingredients in small, covered bottle or glass jar. Chill thoroughly. Just before serving, shake vigorously 1 or 2 minutes.

Ways to Vary French Dressing. French Dressing may be varied in many ways. In place of vinegar, use red wine vinegar, lemon juice, or half vinegar and half lemon juice.

Add a few drops of onion juice or 1 teaspoon finely chopped shallot, or shake a cut garlic clove with the dressing (removing it before serving).

Add a trace of sugar.

Add ½ teaspoon dry mustard.

Season with Tabasco or other table sauce to taste.

Breslin French Dressing

Add 1 tablespoon chopped pistachio nuts and ½ teaspoon finely chopped truffle to French Dressing.

California French Dressing

Make French Dressing, using grapefruit or lemon juice in place of vinegar.

Chiffonade Dressing

French Dressing
2 tablespoons finely chopped parsley
2 tablespoons finely chopped red pepper
1 teaspoon finely chopped shallot or onion
2 hard-cooked eggs, finely chopped

Mix ingredients, chill, and shake thoroughly.

Chutney Dressing

Make French Dressing, using half lemon juice and half vinegar, and adding ¼ to 1 cup finely chopped chutney, according to taste.

Columbia French Dressing

¾ cup olive or other salad oil
¼ cup lemon juice
2 tablespoons Worcestershire Sauce
1 teaspoon onion juice
2 teaspoons mustard
2 teaspoons salt

Mix ingredients, chill, and shake thoroughly.

Cream French Dressing

Add to French Dressing ⅓ cup heavy cream, unbeaten or beaten until stiff.

Cumberland Dressing

French Dressing, made with lemon juice
1 tablespoon heavy cream
1 tablespoon currant jelly
¼ teaspoon grated lemon rind

Mix, chill, and shake thoroughly.

Curry Dressing

Add to French Dressing ¼ teaspoon curry powder and a few drops of onion juice.

French Fruit Dressing

French Dressing, made with lemon juice
8 candied cherries, chopped
2 candied plums, chopped
1 slice candied pineapple, chopped

Mix, chill, and shake thoroughly.

Ginger French Dressing

Add 1 tablespoon finely chopped, preserved ginger to French Dressing.

Honey Dressing

Add ¼ cup honey to French Dressing. Omit pepper. Beat until frothy.

Indian Salad Dressing

French Dressing
Yolks 2 hard-cooked eggs, rubbed through a strainer
1 tablespoon finely chopped red pepper
1 tablespoon finely chopped green pepper
1 tablespoon finely chopped pickled beets
1 teaspoon finely chopped parsley

Mix ingredients, chill, and shake thoroughly

Lakewood Dressing

4 tablespoons olive oil
1 tablespoon grapefruit juice
½ tablespoon vinegar
1 teaspoon salt
¼ teaspoon paprika
⅛ teaspoon pepper
1 tablespoon finely chopped Roquefort cheese

Mix ingredients, chill, and shake thoroughly.

Lime Dressing

4 tablespoons olive oil
2 tablespoons fresh lime juice
5 drops Tabasco Sauce
Few grains cayenne
⅛ teaspoon pepper
¼ teaspoon salt
1 teaspoon celery salt
2 teaspoons sugar

Mix ingredients, chill, and shake thoroughly.

Martinique French Dressing

Make French Dressing, adding 1 teaspoon finely chopped parsley and 1 tablespoon finely chopped green pepper.

Nut Pascagoula Dressing

1 tablespoon blanched pecans
1 tablespoon blanched almonds
¼ teaspoon mustard
¼ teaspoon paprika
¼ teaspoon salt
½ teaspoon catsup
¼ teaspoon sugar
1 tablespoon vinegar
5 tablespoons olive oil

Pound nuts into a paste. Mix seasonings, add vinegar, and beat in oil slowly; add gradually to nut mixture.

Ohio Salad Dressing

1 tablespoon powdered sugar
2 teaspoons Worcestershire Sauce
2 teaspoons tomato catsup
1 tablespoon olive or other salad oil
½ teaspoon salt
¼ teaspoon mustard
Few grains cayenne
3 drops Tabasco Sauce
1½ tablespoons lemon juice
1½ tablespoons vinegar

Mix ingredients, chill, and shake thoroughly.

Parisian French Dressing

French Dressing (p. 456)
½ teaspoon powdered sugar
1 tablespoon finely chopped Bermuda onion
1 teaspoon salt
2 tablespoons finely chopped parsley
½ tablespoon chopped pimiento
½ tablespoon chopped green pepper

Mix ingredients, chill, and shake thoroughly.

Pineapple Honey Dressing

½ cup honey
¼ cup lemon juice
¼ teaspoon salt
3 tablespoons crushed pineapple

Mix, chill, and shake thoroughly.

Porto Rico Dressing

Make French Dressing, using half lemon juice and half vinegar and add 2 tablespoons chopped olives and 1 tablespoon tomato catsup.

Roquefort French Dressing

Make French Dressing, adding 1 to 4 tablespoons dry Roquefort cheese crumbs and a few drops of onion juice.

Russian French Dressing

French Dressing (p. 456)
2 tablespoons chili sauce
1 tablespoon finely chopped red or green pepper
Few drops onion juice

Mix ingredients, chill, and shake thoroughly.

St. Lawrence Dressing

½ cup olive or other salad oil
Juice ½ lemon
Juice ½ orange
1 teaspoon grated onion
1 teaspoon chopped parsley
8 olives, thinly sliced
¾ teaspoon salt
¼ teaspoon mustard
¼ teaspoon paprika
1 teaspoon Worcestershire Sauce

Mix, chill, and shake until thickened.

Tomato French Dressing

Add to French Dressing, 1 teaspoon strained tomato juice and a few drops of onion juice.

Thousand Island French Dressing

½ cup olive or other salad oil
Juice ½ orange
Juice ½ lemon
1 teaspoon salt
¼ teaspoon paprika
1 teaspoon onion juice
1 tablespoon finely chopped parsley
8 sliced stuffed olives
1 teaspoon Worcestershire Sauce
¼ teaspoon mustard

Mix ingredients, chill, and shake thoroughly.

WHIPPED-CREAM DRESSINGS

Denver Cream Salad Dressing

1 tablespoon mustard
1 teaspoon salt
2 tablespoons lemon juice
1 cup whipped cream

Mix mustard and salt. Add lemon juice and 2 tablespoons cream. Beat remaining cream until it begins to thicken, then add mixture gradually, while beating constantly, continuing the beating until mixture is stiff enough to hold its shape.

German Cream Dressing

½ cup whipping cream
3 tablespoons vinegar
¼ teaspoon salt
Few grains pepper

Beat cream until stiff, using an egg beater. Add salt, pepper, and vinegar very slowly, continuing the beating.

Horse-radish Cream Dressing

½ cup whipping cream
3 tablespoons vinegar
¼ teaspoon salt
Few grains pepper
2 tablespoons grated horse-radish root

Beat cream until it begins to thicken. Add vinegar gradually, while continuing the beating. When mixture is stiff, add seasonings, and fold in grated horse-radish.

MAYONNAISE DRESSINGS

Mayonnaise I

½ teaspoon mustard
½ teaspoon sugar
½ teaspoon salt
Few grains cayenne
1 egg yolk
1 tablespoon vinegar
¾ cup salad oil
1 tablespoon lemon juice

Sift first 4 ingredients into a bowl, add egg yolk, mix thoroughly, and add vinegar, while stirring constantly. Add 3 teaspoons oil, a drop at a time, while beating constantly; then add 1 teaspoon oil at a time until mixture thickens. When very thick add lemon juice and remaining oil rapidly.

Thoroughly chill oil for making Mayonnaise. Beat with silver fork, wire whisk, small wooden spoon, or egg beater as preferred. Mayonnaise should be stiff enough to hold its shape. It soon liquefies when added to meat or vegetables; therefore it should be added just before serving time. If dressing is to be kept for a few days, add at the last, 1 teaspoon hot water.

Mayonnaise II

Use same ingredients as for Mayonnaise I, adding mashed yolk of a hard-cooked egg to dry ingredients.

Quick Mayonnaise

½ teaspoon salt
¼ teaspoon mustard
Few grains cayenne
1 tablespoon vinegar
1 tablespoon lemon juice
1 egg
1½ cups olive or other salad oil

Mix dry ingredients, add vinegar and egg. Beat with egg beater, add ⅓ cup oil, and beat until dressing begins to thicken. Add ⅓ cup oil, beat as before. Add remaining oil, ⅓ cup at a time. Beat until thick. Thin with lemon juice.

Never Fail Mayonnaise

2 egg yolks, slightly beaten
1 tablespoon vinegar
1½ tablespoons cold water
½ teaspoon mustard
½ teaspoon salt
½ teaspoon sugar
Few grains cayenne
1 to 1½ cups salad oil

Mix dry ingredients. Add to egg yolks. Add water. Add oil, drop by drop, beating until thickened. Add vinegar, then oil, ¼ cup at a time, until of desired thickness.

Potato Mayonnaise

Very small baked potato
1 teaspoon mustard
1 teaspoon salt
1 teaspoon powdered sugar
2 tablespoons vinegar
¾ cup olive or salad oil

Remove and mash the inside of potato. Add mustard, salt, and powdered sugar; add 1 tablespoon vinegar and rub mixture through fine sieve. Add slowly oil and remaining vinegar.

Cream Mayonnaise

To 1 cup any Mayonnaise add ⅓ cup heavy cream, beaten until stiff.

Astoria Salad Dressing

¼ cup Mayonnaise
¼ cup French Dressing (p. 456)
2 tablespoons tomato catsup
½ tablespoon finely chopped green pepper
3 drops Tabasco Sauce

Add French Dressing slowly to Mayonnaise, stirring constantly; then add remaining ingredients.

Carlton Salad Dressing

¾ cup Mayonnaise
2 tablespoons Tomato Purée (p. 343)
½ tablespoon lemon juice
1½ teaspoons powdered sugar
¼ teaspoon Worcestershire Sauce
½ teaspoon A 1 Sauce

Mix ingredients in order given.

Chutney Mayonnaise

To 1 cup Mayonnaise add 1½ tablespoons chutney and stir until thoroughly blended.

Mayonnaise à la Connelly

To 1 cup Mayonnaise add ½ cup cold, boiled rice.

Green Mayonnaise

Color with spinach juice or vegetable coloring, or pound ½ cup watercress and ¼ cup parsley in mortar, squeeze through cheesecloth, and use to color Mayonnaise.

Mayonnaise Piquante

To 1 cup Mayonnaise add 2 tablespoons each olives and pickles, finely chopped.

Ravigôte Mayonnaise

1 cup Mayonnaise
2 tablespoons cooked spinach
1 tablespoon capers
3 anchovies
⅓ cup parsley
½ cup watercress

Pound ingredients (except Mayonnaise) in mortar. Squeeze through cheesecloth and add to Mayonnaise.

Red Mayonnaise

Color Mayonnaise with tomato juice, tomato catsup, Tomato Purée, vegetable coloring, or lobster coral forced through fine sieve.

Roquefort Cheese Dressing

2 tablespoons Mayonnaise
French Dressing (p. 456)
2 tablespoons Roquefort cheese, broken in small pieces
½ teaspoon Worcestershire Sauce

Mix Mayonnaise and cheese and add French Dressing very slowly; then add Worcestershire Sauce. Cream cheese or cream cheese with Roquefort flavor may be used in place of Roquefort.

Russian Dressing I

¼ cup chili sauce, drained from its liquor
¼ cup India Relish
½ teaspoon powdered sugar
½ cup Mayonnaise

Mix ingredients and chill.

Russian Dressing II

½ cup Mayonnaise
¼ cup chili sauce
1 tablespoon celery, cut in small pieces
1 tablespoon pimiento, cut in small pieces
1 tablespoon green pepper, cut in small pieces

Mix ingredients and chill.

Thousand Island Dressing

Russian Dressing I or II
¼ cup cream, beaten until stiff

Combine just before serving.

Oil Dressing I (Uncooked)

4 hard-cooked eggs
4 tablespoons oil
4 tablespoons vinegar
½ tablespoon sugar
½ teaspoon mustard
½ teaspoon salt
Few grains cayenne
1 egg white

Force yolks of hard-cooked eggs through strainer, then work until smooth. Add sugar, mustard, salt, and cayenne, and when well blended add gradually oil and vinegar, stirring and beating until thoroughly mixed. Cut and fold in egg white beaten until stiff.

COOKED DRESSINGS

Cooked Dressing ("Boiled" Dressing)

¼ tablespoon salt
1 teaspoon mustard
⅔ tablespoon sugar
Few grains cayenne
2 tablespoons flour
1 egg or 2 egg yolks, slightly beaten
2 tablespoons butter
¾ cup milk
¼ cup vinegar

Mix dry ingredients, add egg, butter, milk, and vinegar very slowly. Stir and cook over boiling water until mixture begins to thicken. Strain and cool.

Cream Dressing I

Follow recipe for Cooked Dressing, omitting flour and using cream instead of milk.

Cream Dressing II

1 teaspoon mustard
1 teaspoon salt
2 teaspoons flour
1½ teaspoons powdered sugar
Few grains cayenne
1 teaspoon butter
1 egg yolk
⅓ cup vinegar
½ cup thick cream, sweet or sour

Mix dry ingredients in top of double boiler and add butter, egg, and vinegar slowly. Cook over boiling water, stirring constantly, until mixture begins to thicken. Cool and add to heavy cream, beaten until stiff.

Cream Dressing III

2 egg yolks, slightly beaten
¼ cup olive or other salad oil
2 tablespoons vinegar
½ tablespoon lemon juice
¾ teaspoon salt
1½ teaspoons powdered sugar
1 cup heavy cream, whipped

Add half the oil slowly to egg yolks. Add vinegar and lemon juice. Cook in double boiler until mixture begins to thicken. Chill, add gradually remaining oil, salt, and sugar. Just before serving add to cream.

Cream Dressing IV

¼ teaspoon mustard
⅛ teaspoon salt
⅛ teaspoon paprika
2 eggs, slightly beaten
2 tablespoons lemon juice
⅓ cup milk
1 cup heavy cream, whipped

Mix dry ingredients, add egg, lemon juice, and milk. Cook in double boiler, stirring constantly, until mixture begins to thicken. Cool and add to cream.

Chicken Salad Dressing

½ cup rich chicken stock
½ cup vinegar
5 egg yolks, slightly beaten
2 tablespoons mixed mustard
1 teaspoon salt
¼ teaspoon pepper
Few grains cayenne
½ cup thick cream
⅓ cup melted butter

Obtain stock by reducing stock in which fowl has been cooked to ½ cup. Add vinegar, egg yolks, and seasonings to stock. Cook in double boiler, stirring constantly until mixture begins to thicken. Strain, add cream and butter. Cool.

Fruit Salad Dressing I

⅓ cup orange juice
1½ tablespoons lemon juice
1 egg or 2 egg yolks, slightly beaten
½ cup sugar
1 cup whipping cream
Few grains salt

Mix fruit juices, add egg and sugar. Cook in double boiler 2 minutes. Cool, add cream beaten until thick but not stiff. Add salt and continue beating until thoroughly blended. Canned fruit syrup may replace orange juice and half the sugar.

Fruit Salad Dressing II

2 eggs
3 tablespoons melted butter
3 tablespoons lemon juice
½ teaspoon salt
1 cup whipping cream
¼ cup powdered sugar
½ teaspoon celery salt
½ teaspoon vanilla
¼ teaspoon paprika
3 drops onion juice, if desired

Beat eggs until very light, and add gradually, while beating constantly, melted butter, lemon juice, and salt. Cook over hot water, stirring constantly, until mixture begins to thicken. Cool, add cream, beaten until thick but not stiff, and remaining ingredients.

Los Angeles Dressing

4 egg yolks, slightly beaten
¼ cup olive or other salad oil
1 tablespoon lemon juice
1½ tablespoons vinegar
1 teaspoon salt
1 teaspoon mustard
Few grains cayenne
1 cup whipping cream
1 teaspoon sugar
1½ tablespoons grated horseradish root

Add oil, lemon juice, vinegar, salt, mustard, and cayenne to egg yolks. Cook in double boiler, stirring constantly, until mixture begins to thicken. Chill, add cream, beaten until thick, sugar, and horseradish.

Oil Dressing II (Cooked)

1½ teaspoons mustard
1 teaspoon salt
2 teaspoons powdered sugar
Few grains cayenne
2 tablespoons oil
⅓ cup vinegar diluted with cold water to make ½ cup
2 eggs, slightly beaten

Mix dry ingredients, add egg and oil gradually, stirring constantly until thoroughly mixed. Add diluted vinegar. Cook over boiling water until mixture begins to thicken. Strain and cool.

Tango Salad Dressing

1½ tablespoons flour
¾ tablespoon mustard
2 tablespoons sugar
½ tablespoon salt
1 egg, slightly beaten
½ cup evaporated milk
⅓ cup lemon juice
2 tablespoons butter
¼ teaspoon celery seed
½ cup whipping cream
Orange juice

Mix flour, mustard, sugar, and salt. Add egg, milk, and lemon juice. Cook in double boiler, stirring constantly, until mixture begins to thicken. Strain, add butter and celery seed. Cool and add cream, beaten until thick. Just before serving, thin with orange juice.

Waltham Salad Dressing

1 cup sour cream
1 egg, slightly beaten
¼ cup vinegar
2 teaspoons salt
2 teaspoons sugar
1 teaspoon mustard
⅛ teaspoon pepper

To cream add egg, vinegar, and dry ingredients, thoroughly mixed. Cook in double boiler, stirring constantly, until mixture begins to thicken.

CHAPTER 30

SALAD ACCOMPANIMENTS

All the toasted crackers and other accompaniments suggested for soup (p. 180) are appropriately served with salad. Some special accompaniments are listed below.

Fried Cheese Balls

1½ cups grated mild cheese	Few grains cayenne
1 tablespoon flour	3 egg whites
¼ teaspoon salt	Cracker dust

Mix cheese with flour and seasonings. Beat egg whites until stiff and add to first mixture. Shape in small balls, roll in cracker dust, fry in deep fat (280° F.), and drain on brown paper.

Cheese and Nut Balls

Mold cream cheese in small balls and roll in finely chopped nut meats.

Walnut Deceits

6 ounces cream cheese	Few grains paprika
¼ cup chopped olives or nut meats	Sifted cracker crumbs
½ teaspoon salt	English walnut meats

Mix cheese, olives, salt, and paprika. Shape in balls, roll in crumbs, flatten, and place nut meats opposite each other on each piece.

Figs Stuffed with Cheese

Mash cream cheese, moisten with heavy cream, and season highly with salt and cayenne. Shape in balls ¾ inch in diameter. Wash and dry figs, make an incision in each, and stuff with cheese balls.

Pimiento Cheese Wafers

Mash a pimiento cream cheese, moisten with cream, and force through a pastry bag and tube on unsweetened wafer crackers. If a pimiento cream cheese is not obtainable, add 1 tablespoon finely chopped canned pimiento and a few grains salt to 1 large cream cheese.

Piquante Cheese Crackers

½ pound cheese
3 tablespoons Sherry flavoring
2 tablespoons cream
2 tablespoons butter
1 teaspoon mustard
½ teaspoon salt
Few grains cayenne

Cut cheese in pieces and force through food chopper. Add wine flavoring, cream, butter worked until creamy, and seasonings. Force mixture through pastry bag and tube onto thin, unsweetened wafer crackers.

Cheese Straws

Roll Puff or Plain Paste ¼ inch thick, sprinkle half with grated cheese to which has been added few grains of salt and cayenne. Fold, press edges firmly together, fold again, pat, and roll out ¼ inch thick. Sprinkle with cheese and proceed as before; repeat twice. Cut in strips 5 inches long and ¼ inch wide. Bake 8 minutes in hot oven (450° F.). Parmesan cheese or equal parts of Parmesan and Edam cheese may be used. Pile log-cabin fashion.

Cheese Pastries

Sprinkle small rounds or oblongs of pastry (Puff or Plain) with grated cheese before baking.

Toasted Fromage Rolls

Cut fresh bread in as thin slices as possible, using a very sharp knife and remove crusts. Work butter until creamy, add an equal measure of grated cheese, and work until thoroughly blended. Season with salt and paprika. Spread bread with mixture and roll each piece separately. Toast.

Roquefort Crackers

¼ cup butter
1 tablespoon Roquefort cheese crumbs
Few drops onion juice
Wafers

Cream butter, add cheese and onion juice. Spread wafers generously with mixture, cover with wafers, and press lightly together.

Italian Bread Sticks

Cut or break bread sticks in pieces about 5 inches long. Heat in oven.

Cassava Cakes

Arrange on cooky sheet. Brush generously with melted butter. Heat in oven until delicately brown. Fold double, while warm.

Matzoth (Jewish Unleavened Bread)

Toast and brush with melted butter.

Additional Accompaniments:

Cream Wafers (p. 67).
Cheese Biscuits (p. 60).
Cheese and Olive Canapés (p. 133).
Pâté-de-foie-gras Canapés (p. 136).
Sandwiches (p. 722), especially plain, small ones, toasted or not.
Frozen Cheese Alexandra (p. 100).
Molded Cheese, with Bar-le-duc (p. 99).
Salted nuts (p. 706).
Olives, plain or stuffed.

CHAPTER 31

HOT AND COLD ENTRÉES

FRITTERS

A fritter is a piece of fruit, vegetable, meat, or fish covered with a batter and fried in deep fat. In some cases filling is added after the frying.

To Fry Fritters. Heat fat to 375° F. or 380° F. or until it is hot enough to brown an inch cube of bread in one minute. Dip a spoon into the fat, then take up a spoonful of the fritter mixture and carefully drop it into the fat, without spattering. Fritters should be cooked through and delicately brown on the outside in three to five minutes. Remove with skimmer and drain on crumpled soft paper.

To Serve Fritters. Fritters are usually served with a sauce. Fruit fritters may be sprinkled with powdered sugar.

Batter I

1 cup bread flour
½ teaspoon salt
Few grains pepper
⅔ cup milk
2 eggs, well beaten

Mix flour, salt, and pepper. Add milk gradually, and eggs.

Batter II

1 cup bread flour
1 tablespoon sugar
¼ teaspoon salt
⅔ cup water
½ tablespoon olive or other salad oil
1 egg white, beaten until stiff

Mix flour, sugar, and salt. Add water gradually, then olive oil, and egg white.

Batter III

1⅓ cups flour
2 teaspoons baking powder
¼ teaspoon salt
⅔ cup milk
1 egg, well beaten

Mix and sift dry ingredients, add milk gradually, and egg.

Batter IV

1 cup flour
1½ teaspoons baking powder
3 tablespoons powdered sugar
¼ teaspoon salt
⅓ cup milk
1 egg, well beaten

Mix and sift dry ingredients, add milk gradually, and egg.

Batter V

1 cup flour
¼ teaspoon salt
⅔ cup milk or water
2 egg yolks, beaten till thick
2 egg whites, beaten till stiff
1 tablespoon olive oil or melted butter

Mix salt and flour, add milk gradually, egg yolks, butter, and egg whites.

Apple Fritters

2 medium-sized sour apples Batter III or IV Powdered sugar

Pare, core, and cut apples in slices like doughnuts or cut in eighths. Eighths may be cut in slices. Stir into batter. Fry (p. 470). If desired, serve with Lemon Sauce I (p. 595), Fruit Juice Sauce (p. 594), or Sabayon Sauce (p. 599).

Banana Fritters I

4 bananas
Powdered sugar
½ tablespoon lemon juice
½ rule Batter III or IV

Skin and scrape bananas. Cut in halves lengthwise and cut halves in 2 pieces crosswise. Sprinkle with powdered sugar and lemon juice; cover and let stand 30 minutes. Drain, dip fritters in batter, fry (p. 470).

Banana Fritters II

3 bananas 1 tablespoon lemon juice Batter IV

Force banana fruit through a sieve. Add lemon juice and add to batter. Fry (p. 470).

Calf's Brain Fritters

1 set boiled calf's brains (p. 301)
½ rule for Batter I
1 teaspoon baking powder
Fat

Cool brains in water, drain, dry between towels, and separate into pieces. Add baking powder to batter and add brains. Drop mixture by spoonfuls into greased muffin rings, placed in frying pan in which there is generous supply of hot fat. Cook on one side until well-browned, turn, cook other side. Serve with Sauce Finiste (p. 353).

Cauliflower Fritters

Cold cooked cauliflower Batter V Salt and pepper

Sprinkle pieces of cauliflower with salt and pepper, dip in Batter I, and fry (p. 470).

Celery Fritters

Celery, cut in 3-inch pieces Batter I, III, or V
Salt and pepper Tomato Sauce (p. 352)

Parboil celery until soft, drain, sprinkle with salt and pepper, dip in batter. Fry (p. 470). Serve with sauce.

Cherry Fritters

2 cups scalded milk ¼ teaspoon salt
¼ cup cornstarch ¼ cup cold milk
¼ cup flour ½ cup Maraschino cherries, cut in halves
½ cup sugar
3 egg yolks, well beaten

Mix cornstarch, flour, sugar, and salt. Dilute with cold milk and add yolks. Add gradually to scalded milk and cook 15 minutes in double boiler. Add cherries, pour into a buttered shallow tin, and cool. Turn on a floured board, cut in squares, dip in flour, egg, and crumbs, fry like Croquettes (p. 474). Serve with Maraschino Sauce (p. 596).

Clam Fritters

1 pint clams 1⅓ cups flour
2 eggs 2 teaspoons baking powder
⅓ cup milk Salt and pepper

Clean clams, drain from their liquor, and chop. Beat eggs until light, add milk and flour mixed and sifted with baking powder, then add chopped clams, and season highly with salt and pepper. Fry (p. 470).

Coffee Fritters, Coffee Cream Sauce

Stale bread, cut in ½-inch slices ¼ teaspoon salt
¾ cup coffee infusion 1 egg, slightly beaten
2 tablespoons sugar ¼ cup cream
Coffee Cream Sauce (p. 592)

Remove crusts, cut bread in half-inch strips. Mix coffee, sugar, salt, egg, and cream. Dip bread in mixture. Crumb, fry, and drain (see Croquettes, p. 474). Serve with sauce.

Fruit Fritters

Cut fresh peaches, apricots, or pears in pieces, dip in batter, and fry (p. 470). If canned fruit is used, drain thoroughly from sirup.

Orange Fritters

Peel 2 oranges and separate into sections. Remove seeds from each section, making smallest possible opening. Dip sections in Batter II, III, IV, or V, and fry (p. 470).

Parsnip Fritters

Follow recipe for Celery Fritters, using cooked parsnip, cut in pieces, instead of celery.

Queen Fritters

½ rule for Cream Puffs (p. 658) Powdered sugar

Fry (p. 470). Fill with preserve or marmalade or Chocolate Cream Filling (p. 690). Sprinkle with sugar or serve with Vanilla Sauce (p. 601).

Sponge Fritters

2⅔ cups flour
⅓ cup sugar
⅞ cup scalded milk
⅓ yeast cake, dissolved in
2 tablespoons lukewarm water
⅓ cup melted butter
¼ teaspoon salt
2 eggs
Grated rind ½ lemon
Quince marmalade
Currant jelly

Make a sponge of ⅓ cups flour, sugar, milk, and dissolved yeast-cake; let rise to double its bulk. Add remaining ingredients, except jelly and marmalade, and let rise again. Toss on a floured board, roll ¼ inch thick, shape with a small biscuit cutter (first dipped in flour), cover, and let rise on board. Take each piece and hollow in center to form a nest. In half the pieces put ½ teaspoon of currant jelly and quince marmalade mixed in the proportion of 1 part jelly to 2 parts marmalade. Brush edges of filled pieces with milk. Cover with unfilled pieces and press edges closely together with fingers first dipped in flour. If this is not carefully done, fritters will separate during frying. Fry (p. 470) and sprinkle with powdered sugar. Other marmalades and jellies may be used.

Tomato Fritters

2 cups tomatoes	1 teaspoon salt
6 cloves	Few grains cayenne
⅓ cup sugar	¼ cup butter
3 slices onion	½ cup cornstarch

1 egg, slightly beaten

Cook first 4 ingredients 20 minutes, rub through sieve, and season with salt and pepper. Melt butter, and when bubbling, add cornstarch and tomato gradually; cook 2 minutes, then add egg. Pour into buttered shallow tin and cool. Turn on board, cut in squares, diamonds, or strips. Crumb, fry, and drain (see below).

CROQUETTES

Croquettes are made of meat, fish, vegetables, hard-cooked eggs, or cheese, seasoned and held together with a thick white sauce. The mixture is shaped, rolled in crumbs and egg, and fried in deep fat.

For croquette recipes not in this chapter, consult index.

To Shape Croquettes. Prepare croquette mixture, adding sauce a little at a time. Have mixture as soft as can be conveniently handled, so that croquettes will be soft and creamy inside. Chill, to make easier to handle. Make smooth ball by rolling one rounding tablespoon

COAT CROQUETTES COMPLETELY WITH BOTH EGG AND CRUMBS

of mixture between hands. Then roll on board until of desired length and flatten ends, or shape like a cone, pointed at one end, or shape like a cutlet. Other shapes may be used.

To Egg and Crumb. Roll dried bread crumbs, or put through food chopper, then sift through purée sieve. Beat egg to blend yolk and white and add two tablespoons water for each egg used. Coat croquettes thoroughly with crumbs. Then dip in egg mixture, being careful to cover entire surface so that they will not break open. Roll in crumbs once more.

To Fry Croquettes. Heat fat to 390° F. If frying thermometer is not used, drop in an inch cube of soft bread; if it is golden brown in forty seconds, fat is at right temperature for croquettes or any cooked mixture.

Dip frying basket in and out of fat. Arrange croquettes, a few at a time, in frying basket. Lower into fat and fry until delicately brown (about one minute). It may be necessary to increase heat slightly as the cold croquettes will lower temperature of fat.

Drain on soft, crumpled paper.

Banana Croquettes

Skin and scrape fruit. Cut in 2-inch pieces, crumb, fry, and drain (see Croquettes, p. 474).

Chestnut Croquettes

Boiled French chestnuts (p. 390)
2 egg yolks
2 tablespoons thick cream
1 teaspoon sugar
¼ teaspoon vanilla

Mash chestnuts to make 1 cup. Add other ingredients. Shape in balls, crumb, fry, and drain (see Croquettes, p. 474).

Chestnut Roulettes

Boiled French chestnuts
2 tablespoons butter
2 eggs
2 tablespoons heavy cream
Few drops onion juice
¼ teaspoon salt
Few grains paprika

Mash chestnuts to make 1 cup. Add other ingredients, stir and cook 2 minutes, and cool. Shape a little larger than French chestnuts, crumb, fry, and drain (see Croquettes, p. 474).

Chicken Croquettes

1¾ cups chopped, cooked fowl
½ teaspoon salt
¼ teaspoon celery salt
Few grains cayenne
1 teaspoon lemon juice
Few drops onion juice
1 teaspoon finely chopped parsley
About 1 cup Croquette Sauce (p. 344)

Mix ingredients in order given. Chill, shape, crumb, and fry (see Croquettes, p. 474). If desired, make Croquette Sauce with ¾ cup Chicken Stock and ¼ cup cream.

White meat of fowl absorbs more sauce than dark meat. This must be remembered, if dark meat alone is used.

Chicken and Mushroom Croquettes

Follow recipe for Chicken Croquettes using 1⅓ cups chicken meat and ⅔ cup chopped mushrooms.

Chicken Croquettes, Macédoine

3 tablespoons butter
1 shallot, finely chopped, or 1 tablespoon finely chopped onion
¼ cup flour
1 teaspoon salt
¼ teaspoon paprika
Few gratings nutmeg
1 cup Chicken Stock (p. 154)
3 egg yolks
1 cup cooked chicken, diced
½ cup cooked ham, diced
¼ cup mushrooms, cut in small pieces

Melt butter, add shallot or onion, and cook 3 minutes, stirring constantly. Add flour mixed with seasonings, and stir until well blended, then pour on Chicken Stock gradually, while stirring constantly. Bring to boiling point, add remaining ingredients, cook 5 minutes, and chill. Shape, roll in flour, egg, and crumbs, fry, and drain (see Croquettes, p. 474). Mound in center of heated flat dish and surround with hot, seasoned vegetables, such as peas, small carrot cubes, and cauliflower flowerets. Garnish with parsley.

Maryland Croquettes

1 cup chopped, cooked fowl
Salt, celery salt, and cayenne
Lemon juice
Onion juice
1 pint oysters
½ cup Croquette Sauce (p. 344)

Parboil oysters. Drain and use liquor in making sauce, completing necessary amount with cream. Season chicken with salt, celery salt,

cayenne, lemon juice, and onion juice. Moisten with sauce. Cover each oyster with mixture, crumb, fry, and drain (see Croquettes, p. 474).

Lincoln Croquettes

1 cup bread crumbs
1 cup walnut meats, cut in pieces
1 cup cooked chicken, cubed
Croquette Sauce (p. 344) made with Chicken Stock (p. 154)
Salt, celery salt, paprika, and nutmeg

Mix crumbs, nuts, and chicken. Moisten with sauce and season. Crumb, fry, and drain (see Croquettes, p. 474).

Lobster Croquettes

2 cups chopped lobster meat
½ teaspoon salt
¼ teaspoon mustard
Few grains cayenne
1 teaspoon lemon
1 cup Croquette Sauce (p. 344)

Add seasonings to lobster, then add sauce. Chill, shape, crumb, fry in deep fat, and drain (see Croquettes, p. 474). Serve with Tomato Cream Sauce (p. 353).

Lobster Cutlets

2 cups chopped lobster meat
½ teaspoon salt
Few grains cayenne
Few gratings nutmeg
1 teaspoon lemon juice
1 egg yolk
1 teaspoon finely chopped parsley
1 cup Croquette Sauce (p. 344)

Mix ingredients in order given and chill. Shape in form of cutlets, crumb, and fry (see Croquettes, p. 474). Make a cut at small end of each cutlet and insert in each the tip end of a small claw. Arrange around a mound of parsley. Serve with Tartare Sauce (p. 362).

Oyster and Macaroni Croquettes

⅔ cup cooked macaroni (p. 90)
1 pint oysters
1 cup Croquette Sauce (p. 344)
Few grains cayenne
Few grains mace
½ teaspoon lemon juice
¼ cup grated cheese

Clean and parboil oysters, remove tough muscles, and cut soft parts in pieces. Use oyster liquor with milk in making sauce. Mix macaroni and oysters, add sauce and seasonings. Chill. Shape, crumb, fry, and drain (see Croquettes, p. 474).

Sweetbread Cutlets, à la Victoria

2 cups chopped, parboiled sweetbreads (p. 295)
2 teaspoons lemon juice
½ teaspoon salt
⅛ teaspoon pepper
Slight grating nutmeg
1 teaspoon finely chopped parsley
1 egg, slightly beaten
1 cup Croquette Sauce (p. 344)

Season sweetbreads. Add egg to sauce and combine mixtures. Chill, shape like cutlets, crumb, and fry (see Croquettes, p. 474). Make a cut in small end of each cutlet and insert in each a piece of cold, boiled macaroni 1½ inches long. Serve with Allemande Sauce (p. 348). Chopped mushrooms may replace part of sweetbreads.

Epigrams of Sweetbreads

1 sweetbread, parboiled (p. 295)
⅓ teaspoon finely chopped shallot or onion
1½ tablespoons butter
3 tablespoons chopped mushrooms
2½ tablespoons flour
½ cup stock
2 tablespoons cream
1 egg yolk
Salt and pepper

Drain sweetbread, place in small mold, cover, and press with weight. Cut in half-inch slices. Cook shallot and butter 3 minutes, add mushrooms, cook 3 minutes, add other ingredients, stir and cook until thick. Spread pieces of sweetbread with mixture. Chill, crumb, fry, and drain (see Croquettes, p. 474).

Cromesquis à la Russe

½ cup cooked finnan haddie, separated in small pieces
French Pancakes (p. 76)
½ cup Croquette Sauce (p. 344), made without salt
1 egg, slightly beaten
Cayenne

Add finnan haddie to sauce. Chill. Cut pancakes in pieces 2 by 4 inches. On lower halves of pieces put 1 tablespoon mixture. Brush edges with beaten egg, fold over upper halves, press edges firmly together. Crumb, fry, and drain (see Croquettes, p. 474).

Halibut Marguerites

Line a buttered tablespoon with Fish Forcemeat II (p. 185). Fill with Creamed Lobster (p. 492), cover with forcemeat, and garnish with forcemeat put through a pastry bag and tube, in the form of a marguerite. Color a bit of forcemeat with yellow color paste and put

in center. Slip from spoon into boiling water and cook 8 minutes. Serve with Béchamel Sauce (p. 346) or Lobster Sauce (p. 355).

Martin's Specialty

½ tablespoon onion (finely chopped)
2 tablespoons butter
1 cup chopped, cooked chicken or veal
1 cup soft bread crumbs
Stock or water
1 egg yolk
Salt and pepper
Lettuce
Tomato Sauce (p. 352)

Cook onion in butter 3 minutes. Add meat and crumbs, moisten with stock, add egg yolk and seasonings. Wrap in lettuce leaves, allowing 2 tablespoons mixture to each. Tie in cheesecloth and steam. Serve with sauce.

TIMBALES

A timbale may be made of almost any mixture of meat, fish, cheese, or vegetable, cooked in special molds known as timbale molds, or in custard cups or cutlet molds. Swedish Timbales (p. 488) are used like patty shells.

To Bake Timbales. Prepare timbale mixture. Butter mold slightly and fill two-thirds full. Place in pan of hot water on several thicknesses of paper and bake twenty minutes or until firm in a moderate oven (350° F.). Molds may be covered with buttered paper to keep them from browning too rapidly.

To Serve Timbales. Unmold, garnish, and serve with a sauce as the main dish at luncheon or supper, or as a special course for a formal dinner.

Chicken Timbales

2 tablespoons butter
¼ cup stale bread crumbs
⅔ cup milk
1 cup chopped cooked chicken
½ tablespoon chopped parsley
2 eggs, slightly beaten
Salt
Pepper

Melt butter, add bread crumbs and milk, and cook 5 minutes, stirring constantly. Add chicken, parsley, and eggs. Season with salt and pepper. Bake (see above). Serve with Béchamel Sauce (p. 346).

Chicken Timbales (with filling)

Garnish slightly buttered small molds with chopped truffles or slices of truffles cut in fancy shapes. Line with Chicken Forcemeat I

(p. 186). Fill centers with Creamed Mushrooms (p. 398) or Creamed Chicken and Mushrooms (p. 489) with or without truffles. Cover with forcemeat and bake (p. 479). Serve with Béchamel (p. 346), Yellow Béchamel (p. 346), or Cream (p. 344) Sauce.

Chicken and Liver Timbales

1 cup chopped, cooked chicken
½ cup chopped, cooked chicken livers
3 egg yolks, slightly beaten
3 tablespoons Chicken Stock (p. 154)
1 teaspoon salt
¼ teaspoon paprika
⅛ teaspoon salt
½ cup heavy cream, beaten stiff
3 egg whites

Mix chicken and livers and pound in a mortar, adding egg yolks gradually. When thoroughly blended, add seasonings and egg whites. Bake (p. 479). Serve with Creamed Mushrooms (p. 398).

Chicken Mousse I (Suprême of Chicken)

Breast and second joints of uncooked chicken weighing 4 pounds
4 eggs
1⅓ cups thick cream
Salt and pepper

Force chicken through food chopper or chop very finely. Beat eggs separately, add one at a time, stirring until mixture is smooth. Add cream and season with salt and pepper. Bake (see Timbales, p. 479), allowing 30 minutes for baking. Serve with Suprême Sauce (p. 347) or Béchamel Sauce (p. 346).

Chicken Mousse II

½ breast raw chicken
2 egg whites, slightly beaten
1 cup heavy cream
Salt, pepper, and cayenne
¾ cup cooked, white chicken meat
Truffles cut for decorating
White Sauce II (p. 344) made with cream or Béchamel Sauce (p. 346)

Chop and pound raw chicken, force through purée strainer. Add 1 egg white, ½ cup cream, and season to taste. Add cooked chicken, other egg white, and ½ cup cream beaten until stiff. Decorate buttered mold with truffle, turn in mixture, and bake (see Timbales, p. 479) until firm. Serve with sauce.

Russian Cutlets

Cover bottom of cutlet molds with Russian Pilaf (p. 88), and cover Pilaf with Chicken Forcemeat II (p. 186), doubling the recipe and

omitting nutmeg. Bake (see Timbales, p. 479), allowing 15 minutes. Serve with Brown Mushroom Sauce I or II (p. 354) and garnish with parsley.

Fish Mousse (p. 201)

Halibut Mousse

1⅓ cups (1 pound) raw halibut, forced through food chopper
1¼ cups heavy cream
Salt, pepper, and cayenne
2 egg whites

Put fish in mortar, add egg whites gradually, while working constantly, until mixture is smooth. Add cream and seasonings. Rub through sieve. Bake (see Timbales, p. 479).

Halibut Timbales

1 pound halibut
⅔ cup milk
1 egg yolk
1¼ teaspoons salt
¼ teaspoon pepper
Few grains cayenne
⅔ teaspoon cornstarch
⅓ cup whipping cream, beaten until stiff
Cream Sauce (p. 344) or Lobster Sauce (p. 355)

Force raw fish twice through food chopper, then rub through sieve. Add egg yolk, seasonings, and cornstarch. Add milk, gradually, then cream. Bake (see Timbales, p. 479). Serve with sauce.

Halibut Timbales (with filling)

Line molds with Halibut Mousse (see above) or Fish Forcemeat I (p. 185), fill centers with Creamed Lobster (p. 492), shrimps or crab meat and cover with forcemeat. Bake (see Timbales, p. 479). Serve with Lobster Sauce (p. 355) or Béchamel Sauce (p. 346). Before filling molds, sprinkle, if desired, with lobster coral rubbed through a strainer.

Ham Timbales I

Make and bake like Chicken Timbales, using chopped cooked ham in place of chicken. Serve with Béchamel Sauce (p. 346).

Ham Timbales II

1 cup stale bread crumbs
1 cup milk
4 tablespoons butter
1 cup chopped, cooked ham
½ teaspoon salt
⅛ teaspoon pepper
2 egg whites, beaten stiff
2 hard-cooked eggs
Parsley

Cook bread crumbs and milk to a smooth paste. Add butter, ham, salt, and pepper; then cut and fold in egg whites. Bake (see Timbales, p. 479). Garnish with slices of hard-cooked egg and sprigs of parsley.

Ham Mousse, Alexandria (Cutlets of Ham)

½ pound lean, raw ham, finely chopped
4 egg whites, unbeaten
⅛ teaspoon pepper
Asparagus tips
½ cup cream
Few gratings nutmeg
Allemande Sauce (p. 348)
Parsley

Mix ham and egg whites to a smooth paste. Rub through sieve, add seasonings and cream, a little at a time. Fill slightly buttered cutlet molds. Bake (see Timbales, p. 479). Coat with sauce and garnish with asparagus and parsley.

Lobster Timbales I

2-pound lobster, boiled
½ cup soft, stale bread crumbs
½ cup milk
¼ cup cream
2 teaspoons anchovy sauce
½ teaspoon salt
Few grains cayenne
3 egg whites, beaten until stiff

Remove lobster meat from shell and chop finely. Cook bread and milk 10 minutes. Add cream, seasonings, egg whites, and lobster meat. Bake (see Timbales, p. 479). Serve with Lobster Sauce (p. 355), sprinkle with coral rubbed through sieve, and garnish with parsley and pieces of lobster shell from tail.

Lobster Timbales II

1 cup chopped lobster meat
1 tablespoon butter
1 tablespoon flour
1 teaspoon salt
⅛ teaspoon paprika
Few drops onion juice
2 egg yolks
⅓ cup milk
⅓ cup cream, beaten stiff
1 egg white, beaten stiff

Cook lobster meat with butter 5 minutes. Add flour, seasonings, egg yolks, milk, cream, and egg white. Bake (see Timbales, p. 479). Serve with Lobster Sauce (p. 355).

Lobster Mousse

2-pound live lobster
¼ cup stale bread crumbs
½ cup cream
2 eggs, slightly beaten
Newburg Sauce
Salt and pepper

Split lobster, remove intestinal vein, liver, and stomach. Crack claw shells with mallet, then remove all meat, scraping as close to shell as possible to obtain the color desired. Force meat through sieve, add bread crumbs, cream, eggs, salt, pepper, and Newburg Sauce to taste. Fill small timbale molds ⅔ full, place in iron frying pan, and pour in boiling water to ⅔ the depths of the molds. Place buttered paper over molds. Bake (see Timbales, p. 479) or cook on stove until firm, keeping water below boiling point. Remove from molds and serve with Hot Mayonnaise (p. 357).

Sweetbread Mousse

½ cup parboiled sweetbread (p. 295), chopped and rubbed through sieve
⅓ cup breast meat of raw chicken, rubbed through sieve
1 egg white
¾ cup heavy cream
1 tablespoon butter
1 tablespoon cornstarch
¼ cup Chicken Stock (p. 154)
⅓ cup parboiled sweetbread, diced
Salt and pepper

Pound sweetbread and chicken in mortar. Add egg white gradually. Work until smooth, then add cream. Line buttered timbale molds with mixture. Make sauce of butter, cornstarch, and stock; add diced sweetbreads, season with salt and pepper. Put in molds and cover with first mixture. Bake (see Timbales, p. 479) and serve with Suprême Sauce (p. 347) flavored with beef extract or sherry.

Sweetbread and Mushroom Timbales

2 tablespoons butter
1 sliced onion
1½ cups chopped mushrooms
1 small sweetbread, parboiled and chopped (p. 295)
1 cup White Sauce II (p. 344)
¼ cup stale bread crumbs
1 red pepper, chopped
½ teaspoon salt
2 egg yolks, well beaten
2 egg whites, beaten stiff
Mushroom Sauce (p. 354)

Cook butter and onion 5 minutes. Add other ingredients. Bake (see Timbales, p. 479). Serve with Mushroom Sauce.

Macaroni Timbales

Line slightly buttered small molds with boiled macaroni. Cut strips as long as molds are high, and place close together to line inside of mold. Fill with Chicken (p. 186), or Salmon Forcemeat (p. 185), or timbale mixture. Bake (see Timbales, p. 479), allowing 30 minutes.

Serve with Lobster Sauce (p. 355), Béchamel Sauce (p. 346), or Hollandaise I (p. 356).

Spaghetti Timbales

Line bottom and sides of slightly buttered small molds with long strips of boiled spaghetti coiled around the inside. Fill and bake like Macaroni Timbales (p. 483).

Pimiento Timbales

Line small timbale molds with canned pimientos. Fill with Chicken Timbale mixture (p. 479), and bake (see Timbales, p. 479). Remove from molds, insert a sprig of parsley in top of each, and serve with Brown Mushroom Sauce (p. 354). Other fillings may be used.

Traymore Timbales

Green peppers
¼ cup peeled and chopped mushrooms
1 tablespoon butter
1 tablespoon flour
¼ cup cream
2 egg yolks
2 egg whites, beaten stiff
Salt, pepper, and paprika
Mushroom caps, fried in butter
Velouté Sauce II (p. 347), made with half stock and half cream
½ teaspoon beef extract

Melt butter, add chopped mushrooms and flour. Add cream, stir, and cook until thick. Beat in egg yolks, one at a time. Fold in egg whites. Season.

Remove seeds from peppers. Cut in thin strips with scissors, working around and around pepper. Line sides of buttered timbale molds with pepper strips, coiling around and around, and fill with mushroom mixture. Bake (see Timbales, p. 479). Serve on toast with a mushroom cap on top of each and surround with Velouté Sauce to which beef extract has been added.

Macédoine Loaf

½ cup White Sauce I (p. 343)
½ cup bread crumbs
2 egg yolks
1 cup cooked macaroni, in ½-inch pieces
½ cup cold, cooked chicken
½ cup mushroom caps, cut in strips
1 tablespoon canned pimiento, cut in small pieces
½ cup whipping cream, beaten stiff
1½ teaspoons salt
1 teaspoon parsley, finely chopped
2 egg whites, beaten stiff

To White Sauce add other ingredients, except egg whites. Stir until thoroughly mixed and fold in egg whites. Bake (see Timbales, p. 479). Or bake in a charlotte russe mold. Serve with Tomato Sauce (p. 352) or White Sauce II (p. 344) with mushrooms.

RAMEKINS

A ramekin dish is a shallow baking dish containing about one-fourth cup. Any creamed mixture may be put in a ramekin, covered with buttered crumbs (p. 58) and baked until brown. Ramekin mixtures may be served on toast or in patty cases, Swedish timbale cases, etc. (p. 488) instead of in ramekins.

Sweetbread Ramekins

Fill ramekin dishes with Creamed Sweetbreads (p. 296), using Velouté Sauce II (p. 347), and seasoning with beef extract. Cover with buttered crumbs and bake until crumbs are brown.

Crab Meat Mornay

4 tablespoons butter
3 tablespoons flour
2½ tablespoons cornstarch
¾ teaspoon salt
¾ cup Chicken Stock (p. 154)
¾ cup milk
2 egg yolks
1¼ cups crab meat
½ cup grated cheese

Melt butter, add flour, cornstarch, and salt, stir until well blended. Pour stock on gradually, while stirring constantly. Bring to boiling point and boil 3 minutes. Add milk gradually, again bring to boiling point, and add egg yolks. Butter ramekin dishes, cover bottoms with crab meat, cover meat with sauce, sprinkle with cheese. Cook in broiling oven to melt cheese and brown.

Deviled Crabs

1 cup crab meat
¼ cup mushrooms, finely chopped
Buttered Crumbs (p. 58)
1 cup Velouté Sauce (p. 347)
1 teaspoon parsley, finely chopped

Add crab meat and mushrooms to sauce. Cook 3 minutes, add parsley, and cool. Fill ramekins or crab shells, washed and trimmed. Cover with crumbs. Crease on top with case knife, having 3 lines parallel with each other across shell and 3 short lines branching from outside parallel lines. Bake until crumbs are brown.

Deviled Oysters

1 pint oysters
⅔ cup Croquette Sauce (page 344)
1 egg yolk
½ tablespoon finely chopped parsley
1 teaspoon lemon juice
Buttered cracker crumbs

Clean, drain, and slightly chop oysters. Add egg yolk, parsley, lemon juice, and oysters to sauce. Arrange buttered ramekins or scallop shells in a dripping pan, half fill with mixture, cover with buttered crumbs, and bake 12 to 15 minutes in hot oven (400° F.). Deep oyster shells may be used in place of scallop shells.

DEVILED SCALLOPS BAKED IN A SCALLOP SHELL

Deviled Scallops

1 pint scallops
2½ tablespoons butter
¼ teaspoon prepared mustard
½ teaspoon salt
Few grains cayenne
⅓ cup buttered cracker crumbs

Clean scallops, drain, and heat to boiling point. Drain again, reserve liquor, and chop scallops. Cream butter, add mustard, salt, cayenne, ⅓ cup reserved liquor, and scallops. Let stand ½ hour. Put in baking dish or scallop shells, cover with crumbs, and bake 20 minutes in moderately hot oven (375° F.).

PATTIES, ETC.

A creamed mixture of fish, shellfish, meat, or mushrooms may be served in Swedish Timbale Cases, Croustâdes of Bread, Dresden Patties, Mashed-Potato Baskets, Rice Croustâdes or in Patty Shells, Bouchées, Vol-au-Vents, or Pastry Boats. If served in pastry boats, insert a rice paper sail.

For fillings, see below. Consult index for Creamed Chicken, Creamed Mushrooms, etc.

Any of these fillings may be served on toast or in ramekin dishes (p. 485).

Croustâdes of Bread

Cut stale bread in 2-inch slices, and slice in diamonds, squares, or circles. Remove centers, leaving cases. Brush over with melted butter, and brown in oven, or fry in deep fat (390° F.).

Dresden Patties

Cut stale bread in 2-inch slices, shape with a round cutter 3 inches in diameter, and remove centers, making cases. Dip cases in egg, slightly beaten, diluted with milk, and seasoned with salt, allowing 2 tablespoons milk to each egg. When bread is thoroughly soaked, drain, and fry in deep fat (390° F.).

Mashed-Potato Baskets

3 cups hot, mashed potatoes
3 tablespoons butter
1 teaspoon salt
3 egg yolks, slightly beaten
Milk to moisten
1 egg white, slightly beaten

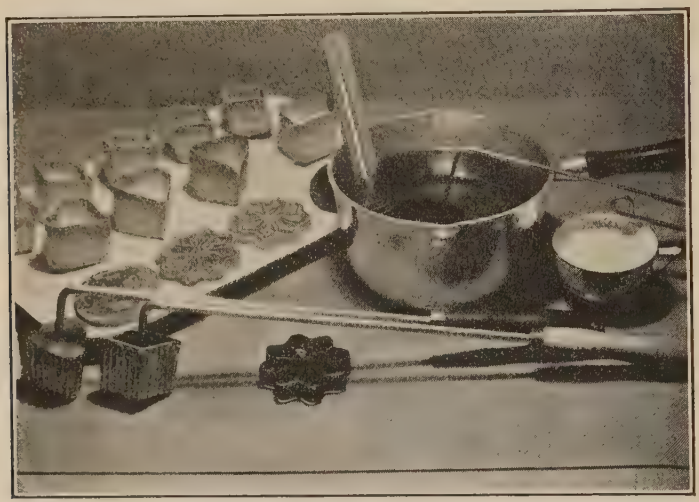
Add butter, salt, egg yolks, and milk to potatoes. Shape in small baskets with pastry bag and tube. Brush over with egg white and brown in oven. Make handles of parsley.

Rice Croustâdes

1 cup rice
3 cups Veal or Chicken Stock (pp.153, 154)
¾ cup Croquette Sauce (p. 344)
1 egg yolk, slightly beaten
Slight grating nutmeg
⅛ teaspoon salt
⅛ teaspoon pepper

Steam rice in stock. Cool, add sauce, egg yolk, and seasonings. Spread mixture 2 inches thick in buttered pan, cover with buttered paper, and place weight on top. Let stand until cold. Turn from

pan, cut in rounds, remove centers, leaving cases. Crumb, and fry (see Croquettes, p. 474).



SWEDISH TIMBALES AND ROSETTE CASES AND THE EQUIPMENT FOR MAKING THEM

Swedish Timbales and Rosette Cases

¾ cup flour	½ cup milk
½ teaspoon salt	2 egg yolks, slightly beaten
1 teaspoon sugar	1 tablespoon olive oil

Mix dry ingredients; add milk gradually and egg yolks; then add olive oil. Let stand overnight if possible, thus preventing bubbles. Put into cup.

Timbale and rosette irons are made in a variety of shapes.

To Fry Timbale Cases. Put iron into cold fat, having fat deep enough to more than cover iron. Heat to 375° F., remove iron from fat, cool slightly, lower into cup of batter to not more than three fourths depth of iron. Lower into hot fat and fry until delicately brown. Remove from fat, slip timbales from iron and drain, inverted, on soft paper. If batter will not cling to iron, fat is not at the right temperature. It may be either too hot or too cold. *Rosettes* are difficult to remove from iron unless they are pried off as soon as sufficiently cooked to be firm; drop into fat to finish frying, turn to brown evenly, and take out of fat with a flat whisk, and drain.

FILLING FOR PATTIES, TIMBALE CASES, ETC.

Chicken à la King I

1½ tablespoons chicken fat or butter
1¾ tablespoons flour
½ cup hot Chicken Stock (p. 154)
½ cup scalded milk
¼ cup scalded cream
½ teaspoon salt
2 tablespoons butter
1 cup boiled fowl, cut in strips
½ cup sliced mushrooms, fried in butter
¼ cup canned pimientos, cut in strips
1 egg yolk, slightly beaten

Melt fat, add flour, and stir until well blended; then pour stock, milk, and cream on gradually, while stirring constantly. Bring to boiling point and add salt, butter bit by bit, fowl, mushrooms, and pimientos. Again bring to boiling point and add egg yolk.

Chicken à la King II

1 tablespoon butter
1 cup mushrooms
1 tablespoon green pepper
4 tablespoons flour
½ teaspoon salt
½ teaspoon celery salt
Few grains cayenne
1½ cups milk
1 cup Chicken Stock (p. 154)
2 cups cooked chicken
1 tablespoon parsley, chopped
1 tablespoon pimiento, cut in small pieces

Melt butter, add mushrooms and green pepper. Stir and cook 5 minutes. Mix flour and seasonings, add to fat. Cook 5 minutes. Add milk and chicken stock slowly. Add chicken, parsley, and pimiento. Reheat.

Chicken and Mushroom Patties

1 cup cooked chicken, cubed
6 mushrooms, cut in pieces
½ truffle, cut in small pieces
2 tablespoons butter
2 tablespoons flour
½ teaspoon salt
⅛ teaspoon cayenne
⅛ teaspoon grated nutmeg
1 egg, slightly beaten
1 tablespoon cream
1 cup Chicken Stock (p. 154)

To chicken add mushrooms, truffle, and butter. Cook 5 minutes, stirring almost constantly; then add flour, and when well blended, pour on stock and simmer 10 minutes. Season with salt, cayenne, and nutmeg. Add egg, diluted with cream. Reheat.

Chicken à la McDonald

3 cold, boiled potatoes, cut in ⅓-inch slices
1 truffle, cut in strips
1½ cups White Sauce II (p. 344)
1 cup cooked chicken, cut in strips

Heat chicken, potatoes, and truffle in sauce. Truffle may be omitted.

Chop Suey I

Breast meat from 1 uncooked chicken, cut in 1-inch strips
1 tablespoon butter
¾ cup celery, cut in thin slices crosswise
1 onion, sliced
6 mushroom caps, sliced
1 cup Chicken Stock (p. 154)
½ teaspoon sugar
2 teaspoons Soyu Sauce
½ green pepper (seeds removed), cut in thin strips
1 teaspoon cornstarch, diluted with 2 tablespoons cold water

Melt butter, add chicken, cook 2 minutes. Add celery, onion, and mushrooms. Cook 5 minutes. Add other ingredients in order given. Bring to boiling point and simmer 3 minutes.

Chop Suey II

1 pound white meat of chicken, pork, veal, crab, or lobster meat
4 tablespoons chicken or other fat
1 cup celery, cut in thin slices crosswise
1 onion, peeled and cut in thin slices
6 mushroom caps, peeled and sliced
6 Chinese water chestnuts, peeled
½ pound bean sprouts
¼ pound bamboo shoots, cut in diamond-shaped pieces
1 teaspoon Soyu Sauce
2 cups Chicken Stock (p. 154) or water
Salt and pepper

Cut meat in 1-inch strips and cook in frying pan in half the fat. Cook vegetables 5 minutes in remaining fat, add bean sprouts, bamboo shoots, Soyu Sauce, Chicken Stock, and chicken. Simmer gently until thoroughly cooked. Season with salt and pepper.

Clams à la Newburg

1 pint clams
3 tablespoons butter
3 tablespoons Newburg Sauce
½ cup cream
3 egg yolks
Salt and cayenne

Clean clams, remove soft parts, and chop finely hard parts. Melt butter, add chopped clams, seasonings, and sauce. Cook 8 minutes, add soft part of clams, and cream. Season. Cook 2 minutes, then add egg yolks diluted with some of the hot sauce.

Crab Meat, Indienne

2 tablespoons butter
1 teaspoon finely chopped onion
3 tablespoons flour
⅔ tablespoon curry powder
1 cup Chicken Stock (p. 154)
1 cup crab meat
Salt

Cook butter with onion 3 minutes, add flour mixed with curry powder and stock. When boiling point is reached, add crab meat and season with salt.

Crab Meat, Urzini

1½ cups White Sauce II (p. 344), made with half milk and half cream
½ pound crab meat
¼ pound mushrooms, sliced and fried in butter
1 canned pimiento, cut in strips

Add crab meat, mushrooms, and pimiento to sauce. Reheat. If desired, add ½ cup grated Parmesan cheese.

Crab Meat à la King

1 cup White Sauce II (p. 344), made with cream
½ tablespoon red and green pepper, finely chopped
1 cup crab meat

Add crab meat and peppers to sauce. Reheat.

Crab Meat, Terrapin Style

1 cup crab meat
2 tablespoons butter
½ small onion, thinly sliced
2 tablespoons Newburg Sauce
⅓ cup heavy cream
2 egg yolks
Salt and cayenne

Cook butter and onion until yellow; remove onion, add crab meat and sauce. Cook 3 minutes, add cream, egg yolks, and season.

Frogs' Legs, Newburg (Epicurean Bouchées)

⅓ pound mushroom caps
1 dozen frogs' legs
½ pound crab meat
2 tablespoons melted butter
½ cup Newburg Sauce
1⅓ cups cream
1 tablespoon cornstarch
1 tablespoon cold water
1 egg yolk, slightly beaten

Clean and peel mushroom caps, cut in ¼-inch strips crosswise, and fry in butter 3 minutes. Clean and steam frogs' legs until tender, then add crab meat, butter, and Newburg Sauce. Cover and let stand

30 minutes. Cook 5 minutes. Pour off half the liquor and add mushrooms. Scald cream in double boiler; dilute cornstarch with cold water, add gradually to scalded cream, and cook 20 minutes, stirring constantly until mixture thickens and afterwards occasionally. Add egg yolk, slightly beaten. Add to first mixture, reheat, and season.

Creamed Lobster

Heat diced lobster in White Sauce II (p. 344) made with cream. Season to taste.

Lobster Filling for Patties

2 tablespoons butter
1 tablespoon chopped onion
⅔ cup hot, boiled rice
1¼ cups lobster dice
¼ cup Tomato Sauce (p. 352)
Few grains soda
Salt
Celery salt
Cayenne
½ cup heavy cream

Cook butter with onion 5 minutes, stirring constantly. Add lobster, rice, and cream. When heated, add Tomato Sauce (to which soda has been added) and season highly with salt, celery salt, and cayenne.

Lobster and Oyster Filling

1 pint oysters
1¼ pounds lobster
1½ cups cold water
1 stalk celery
1 slice onion
Salt
¼ cup butter
⅓ cup flour
¾ cup cream
Worcestershire Sauce
Lemon juice
Paprika

Clean and parboil oysters; drain and add to liquor body bones and tough claw meat from lobster, with water, celery, and onion. Cook slowly until stock is reduced to 1 cup, and strain. Make sauce of butter, flour, strained stock, and cream. Add oysters and lobster meat cut in strips; then add seasonings. ½ teaspoon beef extract improves this dish.

Lobster à la Delmonico

2-pound lobster, boiled
¼ cup butter
¾ tablespoon flour
½ teaspoon salt
Few grains cayenne
Slight grating nutmeg
1 cup cream
2 egg yolks

Cut lobster meat in small cubes. Melt butter, add flour, seasonings, and cream gradually. Add lobster, and when heated, add egg yolks. Flavor with cooking sherry, if desired.

Lobster à la Newburg

2-pound lobster, boiled
¼ cup melted butter
2 tablespoons Newburg Sauce
⅓ cup cream
2 egg yolks, slightly beaten
Salt, cayenne, and grated nutmeg

Slice lobster meat, cook in butter 3 minutes. Add sauce, cook 1 minute, add cream. Season and add egg yolks. Stir until thickened.

Scallops à la Newburg

1 pint scallops
3 tablespoons butter
1 teaspoon lemon juice
1 teaspoon flour
½ cup cream
2 egg yolks
2 tablespoons Newburg Sauce
Salt and cayenne

Put scallops in omelet pan and cook until they begin to shrivel; drain thoroughly, cut in halves, and cook in 2 tablespoons butter 3 minutes. Add lemon juice and cook 1 minute.

Melt remaining butter, add flour, and stir until blended; then pour cream on gradually, while stirring constantly. Bring to boiling point, add egg yolks, slightly beaten, scallops, and Newburg Sauce. If mixture curdles from over-cooking, add milk and stir until smooth. Season to taste. If desired, add ½ cup shrimps or ¼ pound mushrooms, peeled, diced, and fried 3 minutes. Both may be added.

Shrimps à la Newburg

1 pint shrimps
3 tablespoons butter
1 teaspoon lemon juice
1 teaspoon flour
½ cup cream
2 egg yolks, slightly beaten
2 tablespoons Newburg Sauce
Salt and pepper

Clean shrimps and cook 3 minutes in 2 tablespoons butter. Add lemon juice and cook 1 minute. Melt 1 tablespoon butter, add flour and cream; when thickened, add egg yolks, shrimps, and sauce. Season and heat.

Shrimps, Louisiana Style

2 tablespoons butter
1 teaspoon chopped onion
⅔ cup canned shrimps (1 small can)
⅔ cup hot, boiled rice
⅔ cup heavy cream
½ teaspoon salt
¼ teaspoon celery salt
Few grains cayenne
3 tablespoons Tomato Sauce (p. 352)

Cook butter with onion 5 minutes, stirring constantly. Add shrimps, broken in pieces, rice, and heavy cream. When thoroughly heated, add salt, celery salt, cayenne, and Tomato Sauce.

Shrimp Patty Filling

1 cup White Sauce II (p. 344), made with cream
¼ teaspoon celery salt
¼ teaspoon paprika
Few gratings nutmeg
1 cup shrimps
¼ cup walnut meats

Season sauce with salt, celery salt, paprika, nutmeg, and shrimps, cut in halves. Bring to boiling point and add walnut meats, broken in pieces.

Sweetbread and Mushroom Patty Filling

1 sweetbread, parboiled (p. 295) and cut in small pieces
10 mushrooms, cleaned and cut in pieces
1 teaspoon lemon juice
1 tablespoon butter
1 cup Velouté Sauce (p. 347)
1 tablespoon heavy cream
Salt, pepper, and paprika

Cook sweetbread and mushrooms with butter and lemon juice in covered pan 15 minutes, stirring occassionally. Add to sauce. Add cream. Bring to boiling point and season to taste.

RISSOLES AND TURNOVERS

Roll Puff Paste (p. 602) or other pastry ⅛ inch thick. Cut in rounds. Place 1 teaspoon filling or finely chopped seasoned meat moistened with Croquette Sauce (p. 344) on each round. Brush each piece with cold water, halfway round, close to edge. Fold like turnover and press edges together. Prick in several places, brush over with egg yolk diluted with 1 teaspoon cold water, and bake in hot oven (450° F.).

Chicken and Ham Filling for Rissoles

½ cup chopped, cooked chicken
¼ cup chopped, cooked ham
Croquette Sauce (p. 344)
Salt and cayenne

Mix chicken and ham. Moisten with sauce. Season to taste.

Lamb Filling for Rissoles

3 tablespoons butter
Few drops onion juice
¼ cup flour
1 cup lamb stock
Salt, paprika, and curry powder
⅔ cup cold, cooked lamb, cubed

Cook butter with onion juice until well browned. Add flour, continue browning, add stock, and season. Bring to boiling point. Add lamb to half the sauce. Serve remaining sauce with Rissoles.

Cigarettes à la Prince Henry

Roll Puff Paste (p. 602) very thin and spread with Chicken Forcemeat (p. 186). Roll like jelly roll and cut in pieces 4 inches long and a little larger than a cigarette. Brush over with egg, crumb, fry, and drain (see p. 475).

Zigaras à la Russe

Puff Paste (p. 602)
2 tablespoons butter
4 tablespoons flour
½ cup milk
1 tablespoon heavy cream
1 egg yolk
⅓ cup grated cheese
Salt and cayenne

Melt butter, add flour, and pour milk on gradually. Add cream, egg yolk, and cheese. Season highly. Cool. Make like Cigarettes à la Prince Henry.

COLD ENTRÉES

Cold entrées may be served as the main dish at luncheon, supper, or evening party, or as a separate course in a formal dinner.

Molded Chicken

4-pound fowl
2 quarts cold water
4 slices carrot
1 onion, stuck with 8 cloves
2 stalks celery
Bit of bay leaf
½ teaspoon peppercorn
1 tablespoon salt
1 teaspoon granulated gelatine, soaked in
1 teaspoon cold water
Salt, pepper, celery salt
Lemon juice and onion juice

Cover fowl with water, add carrot, onion, celery, bay leaf, peppercorns, and salt. Bring quickly to boiling point and simmer until meat is tender. Chop meat finely. Reduce stock to ¾ cup, cool, remove fat, reheat, and add soaked gelatine. Add to meat and season. Pack solidly in buttered or oiled baking-powder boxes. Chill and slice.

Chicken Mousse (Cold)

1 cup hot Chicken Stock (p. 154)
3 egg yolks, slightly beaten
¼ teaspoon salt
¼ teaspoon paprika
1 tablespoon granulated gelatine, soaked in
1 tablespoon cold water
½ cup cooked chicken (white meat)
½ cup blanched almonds
1 cup heavy cream, beaten until stiff
Few grains cayenne

Add salt and paprika to egg yolks. Pour stock over gradually. Cook over hot water until mixture thickens and add gelatine. When gelatine dissolves, strain and add to chicken and almonds, finely chopped, pounded, and forced through a sieve. Season highly with salt and cayenne. Set pan in ice water and stir until mixture begins to thicken; then fold in cream. Turn into mold and chill.

Cold Chicken Timbales

½ tablespoon granulated gelatine, soaked in
1½ tablespoons cold water
¾ cup Chicken Stock (p. 154)
1 cup chopped, cooked chicken
1 cup cream, beaten until stiff
Cayenne
Lettuce

Dissolve soaked gelatine in chicken stock. Add chopped chicken, stir until mixture begins to thicken, and add cream. Season with cayenne and, if desired, Newburg Sauce. Mold, chill, and serve on lettuce.

Spring Mousse

¾ cup cold, cooked chicken or veal
1 cup heavy cream
½ tablespoon granulated gelatine, soaked in
3 tablespoons Chicken Stock (p. 154)
Salt
Cayenne
Horse-radish powder
Aspic (p. 499) or Lemon Jelly (p. 541)
Lettuce

Pound meat in mortar, adding gradually ½ cup cream. Dissolve gelatine over hot water and add to chicken with remaining cream and

seasonings. Pour jelly into molds ⅓ inch deep. When firm, fill molds with meat mixture. Chill. Unmold, and serve on lettuce.

Lenox Chicken

1 tablespoon granulated gelatine
¾ cup hot Chicken Stock (p. 154)
¾ cup cream
1½ cups cooked chicken, diced
½ tablespoon granulated gelatine
2 tablespoons cold water
2 egg yolks, slightly beaten
1 teaspoon salt
1½ teaspoons sugar
1 teaspoon mustard
¼ teaspoon pepper
2 tablespoons lemon juice
1 tablespoon vinegar
½ cup hot cream
1½ tablespoons butter
2 egg whites, beaten stiff
½ cup cream
2 cups finely chopped celery

Dissolve 1 tablespoon gelatine in Chicken Stock and strain. When mixture begins to thicken, beat until frothy and add ¾ cup cream, beaten until stiff, and chicken dice. Season with salt and pepper, turn into individual molds, and chill. Soak remaining gelatine in cold water, dissolve by standing over hot water, then strain. Add salt, sugar, mustard, lemon juice, vinegar, and hot cream to egg yolks. Cook over hot water until mixture thickens, add butter and strained gelatine. Add mixture, gradually, to egg whites. When cool, fold in cream, beaten until stiff, and celery. Remove chicken from mold, surround with sauce, and garnish with celery tips.

Crabs Ravigôte

2 cups crab meat
1 teaspoon salt
⅛ teaspoon cayenne
1 teaspoon prepared mustard
1 tablespoon olive oil
½ teaspoon finely chopped parsley
1 hard-cooked egg, finely chopped
3 tablespoons vinegar

Season crab meat with remaining ingredients, mix thoroughly, and arrange in 6 scallop shells; spread evenly with Ravigôte Mayonnaise (p. 463), and garnish with fillets of anchovies, arranged lattice fashion.

Chaud-Froid of Eggs, Alexandria

6 French-poached eggs
1 tablespoon granulated gelatine
6 puff paste cases
Sliced truffle
Caviare butter
1 cup White Sauce I (p. 343), made with Chicken Stock (p. 154)

Add gelatine to hot sauce. Coat eggs with sauce. When sauce is firm, place each egg in a puff paste case. Garnish with truffle and pipe around each a border of caviare butter.

Eggs à la Mimosa

Hard-cooked eggs
Chopped lobster, crab meat, or ham
Mayonnaise (p. 460)

Cut eggs in halves, lengthwise. Remove yolks and force through strainer. Fill whites with lobster, crab, or ham. Pour Mayonnaise over it and sprinkle with egg yolk.

Cold Ham Mousse, Epicurean Sauce

1 tablespoon granulated gelatine, soaked in
1 tablespoon cold water
½ cup boiling water
2 cups chopped, cold, boiled ham
1 teaspoon mixed mustard
Few grains cayenne
½ cup heavy cream
Epicurean Sauce (p. 361)

Dissolve gelatine in boiling water and add to ham, which has been pounded in a mortar. Season with mustard and cayenne, add cream beaten until stiff, and turn into mold, first dipped in cold water. Chill, remove from mold, garnish with parsley, and serve with sauce.

Mackerel en Mayonnaise

2 medium-sized mackerel, cleaned
⅓ cup water
⅓ cup cider vinegar
⅓ cup tarragon vinegar
12 cloves
1 teaspoon peppercorns
1 teaspoon salt
Bit of bay leaf
Mayonnaise (p. 460)
Sliced cucumbers, lemon baskets
Parsley

Put mackerel in baking dish with water, vinegar, and seasonings. Cover with buttered paper and bake in moderate oven (350° F.). Arrange on serving dish, skin, cool, and mask with Mayonnaise. Chill, garnish with parsley, cucumbers, and lemon baskets filled with Mayonnaise and sprinkled with chopped parsley.

Molded Salmon, Cucumber Sauce

2 cups salmon
½ tablespoon salt
1½ tablespoons sugar
½ tablespoon flour
1 teaspoon mustard
Few grains cayenne
2 egg yolks
1½ tablespoons melted butter
¾ cup milk
¼ cup vinegar
¾ tablespoon granulated gelatine, soaked in
2 tablespoons cold water

Rinse salmon thoroughly with hot water and separate in flakes. Mix dry ingredients, add egg yolks, butter, milk, and vinegar. Cook over boiling water, stirring constantly until mixture thickens. Add soaked gelatine. Strain and add to salmon. Fill individual mold, chill, and serve with Cucumber Sauce II (p. 362).

Molded Salmon, Mayonnaise

3 slices salmon
Cold water
½ bay leaf
2 cloves
2 slices lemon
1 small, sliced onion
6 slices carrot
1 sprig parsley
1 teaspoon salt
¼ teaspoon pepper
¼ cup vinegar
1 cup Mayonnaise (p. 460)
1 teaspoon granulated gelatine, soaked in
½ tablespoon cold water

Wipe salmon cut in 2-inch slices (each weighing ⅔ pound), put in pan, cover with cold water, and add seasonings. Let stand 2 or 3 hours; then cook slowly on top of stove until fish is tender. Take from pan, remove skin and bones, and press, using the hands, to keep in shape. Cool and cover with 1 cup Mayonnaise, to which has been added soaked gelatine, melted over hot water.

Jellied Vegetables

1 tablespoon granulated gelatine, soaked in
¼ cup cold water
1 cup boiling water
¼ cup sugar
¼ cup vinegar
2 tablespoons lemon juice
1 teaspoon salt
1 cup celery, cut in pieces
½ cup shredded cabbage
1½ canned pimientos, cut in small pieces

Dissolve soaked gelatine in boiling water. Add sugar, vinegar, lemon juice, and salt. Strain, cool and, when beginning to stiffen, add vegetables.

Mold and chill.

Aspic Jelly

Carrot, Onion, Celery } 2 tablespoons each, cut in cubes
2 sprigs parsley
2 sprigs thyme
1 sprig savory
2 cloves
½ teaspoon peppercorns
1 bay leaf
⅞ cup Veal or Chicken Stock (pp. 153, 154)
4 tablespoons granulated gelatine
1 quart White (p. 153) or Brown Stock (p. 144)
Juice 1 lemon
3 egg whites, slightly beaten

In making Aspic Jelly, use as much liquid as the pan which is to contain molded dish will hold. Use White Stock, if the jelly is to be used for vegetables or white meat. Use Brown Stock for dark meat.

Put vegetables, seasonings, and ⅞ cup stock in saucepan; cook 20 minutes and strain, reserving liquid. Add gelatine to stock, then add lemon juice and strained liquid. Season with salt and cayenne and add egg whites slowly to mixture, stirring constantly until boiling point is reached. Place over low heat and let stand 30 minutes. Strain through a fine wire strainer placed over a larger fine wire strainer lined with a double thickness of cheesecloth.

Quick Aspic

1 chicken bouillon cube
1 tablespoon gelatine, soaked in
2 tablespoons cold water
1 cup boiling water
1 tablespoon lemon juice
Salt and pepper

Dissolve bouillon cube in water, add soaked gelatine, lemon juice, salt, and pepper. Strain through double thickness of cheesecloth.

Tomato Aspic

Use Jellied Mock Bouillon (p. 178) with 1 extra tablespoon gelatine.

Egg Custard for Decorating Mold

2 egg yolks, beaten slightly
2 egg whites, beaten slightly
2 tablespoons milk
Few grains salt

Add milk and salt to egg yolks. Strain into buttered cup, put in saucepan, surround with boiling water to half depth of cup, cover, cook over low heat until custard is firm. Cook whites in same way. Cool, cut in thin slices, then in fancy shapes.

Birds in Aspic

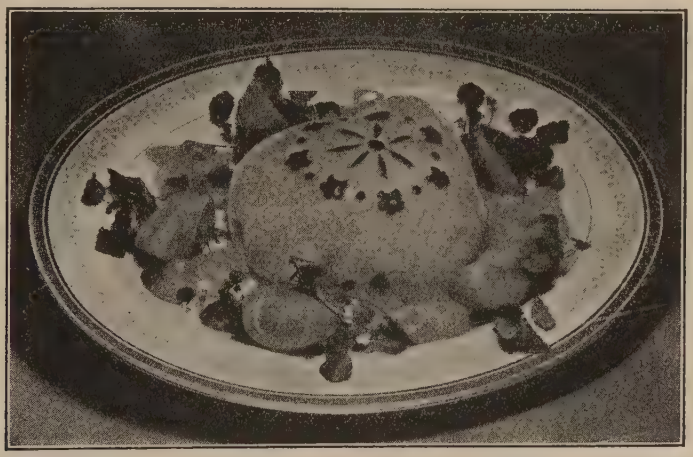
Clean, bone, stuff, and truss a bird (pp. 306, 307), then steam over body bones or roast. If roasted, do not dredge with flour. Put a pan in ice water, cover bottom with aspic jelly mixture, and when firm garnish with truffles and egg custard thinly sliced and cut in fancy shapes. The smaller the shapes the more elaborate may be the designs. When garnished with small shapes, pieces are so difficult to handle that they should be taken on the pointed end of a larding

needle and placed as desired on jelly. Add aspic mixture by spoonfuls, that designs may not be disturbed. When mixture is added, and firm to the depth of ¾ inch, place in the bird, breast down. If sides of mold are to be decorated, dip pieces in jelly and they will cling to pan. Add remaining mixture gradually. Squabs, small chicken, capon, or turkey may be put in aspic. In stuffing boned chicken, stuff body, legs, and wings, being careful that too much stuffing is not used, as an allowance must be made for the swelling of cracker crumbs.

Veal or Chicken Forcemeat for Stuffed Birds

1 pound raw, lean veal or meat from breast and second joints of uncooked chicken
½ cup cracker crumbs
Hot stock or water
Salt and pepper
Celery salt
Cayenne
Lemon juice
1 egg, slightly beaten

Chop meat finely, add crumbs, stock or water to moisten, seasonings, and egg.



TRUFFLES CUT WITH A FRENCH VEGETABLE CUTTER DECORATE THIS CHAUD-FROID OF CHICKEN

Chaud-Froid of Boned Chicken

1 chicken
Veal Forcemeat (p. 186)
1 teaspoon granulated gelatine, soaked in
1 tablespoon cold water
1 cup Velouté Sauce II (p. 347)
Aspic Jelly (p. 499) or
Quick Aspic (p. 500)
Green pepper
Truffles

Bone chicken (p. 309), and pull skin of wings and legs inside. Stuff with forcemeat, sew together, skewer, and tie. Steam gently 2½ to 3 hours. Chill thoroughly in refrigerator (6 hours). Add soaked gelatine to sauce. Cool and pour over chicken. Garnish with truffles cut in shapes and with bits of green pepper. When firm, cover carefully with aspic mixture and chill. Serve on lettuce with tomato cut in eighths, cold, cooked, asparagus tips, or celery cut in small pieces and marinated with French Dressing (p. 456). Pour remaining aspic in mold. When firm, cut in cubes, and use as garnish. Cooked chicken shaped in cutlet forms may be served in same way.

Chaud-Froid of Eggs

6 hard-cooked eggs
⅓ cup cooked chicken, finely chopped
2 tablespoons cooked ham, finely chopped
2 tablespoons chopped, raw mushrooms
½ tablespoon chopped truffles
Spanish Sauce (p. 352)
Truffles cut for garnishing
Aspic (p. 499)
Watercress

Cut eggs in halves lengthwise. Remove yolks, rub through sieve, and add chicken, ham, mushrooms, and chopped truffle. Moisten with sauce and refill whites. Mask eggs with sauce, garnish with truffles. Brush over with aspic.

Stuffed Olives in Aspic

Place small molds in pan of ice water and pour in aspic jelly mixture (p. 499) ¼ inch deep. When firm, put a stuffed olive in each mold (keeping olives in place by means of small wooden skewers) and add aspic by spoonfuls until molds are filled. Chill thoroughly, remove to circular slices of liver sausage, garnish with green butter forced through a strainer, and red peppers cut in fancy shapes.

Green Butter. Mix yolk 1 hard-cooked egg, 2 tablespoons butter, 1 sprig parsley, 1 sprig tarragon, 1 small shallot, ½ teaspoon anchovy paste, 1 teaspoon capers, and 1 teaspoon chopped gherkins, and pound in a mortar; then rub through a very fine sieve. Season with salt and pepper and add a few drops vinegar.

Tomatoes in Aspic

Peel 6 small firm tomatoes and remove pulp, having opening in tops as small as possible. Sprinkle insides with salt; invert and let stand

30 minutes. Fill with vegetable or chicken salad. Cover tops with Mayonnaise (p. 460), to which has been added a small quantity dissolved gelatine, and garnish with capers and sliced pickles. Place a pan in ice water, cover bottom with Aspic Jelly (p. 499) mixture, let stand until firm. Arrange tomatoes on jelly, garnished side down. Add more aspic jelly mixture, let stand until firm, and so continue until all is used. Chill thoroughly, turn on a serving dish, and garnish around base with parsley.

Tongue in Aspic

Remove skin and roots from cooked tongue (p. 298). Run skewer through tip of tongue and fleshy part, thus keeping tongue in shape. When cool, remove skewer. Put a round pan in ice water, cover bottom with brown Aspic Jelly (p. 499), and when firm, decorate with cooked carrot, turnip, beet cut in fancy shapes, and parsley. Cover with aspic jelly mixture, adding it by spoonfuls so as not to disarrange vegetables. When this layer of mixture is firm, put in tongue, adding gradually remaining mixture, as in Tomatoes in Aspic. Tongue may be sliced and put in mold in layers.

CHAPTER 32

HOT DESSERTS

Rice Pudding I

4 cups milk
⅓ to ½ cup rice
½ teaspoon salt
⅓ to ⅔ cup sugar
Grated rind ½ lemon or dash of nutmeg

Wash rice, mix ingredients, pour into buttered pudding dish, and bake 3 hours in slow oven (325° F.), stirring 3 times during first hour of baking to prevent rice from settling.

Rice Pudding II

Add 1 or 2 well-beaten eggs to Rice Pudding I, 30 minutes before pudding is done.

Chocolate Rice Pudding

Add 2 squares melted chocolate or ⅔ cup cocoa to Rice Pudding I or II before baking.

Rice Pudding with Fruit

Add to Rice Pudding I or II, ½ to 1 cup seeded raisins, dates, or figs cut in small pieces, or a combination of fruits.

Poor Man's Pudding

4 cups milk
½ cup rice
⅛ cup molasses
½ teaspoon salt
½ teaspoon cinnamon
1 tablespoon butter

Wash rice, mix, and bake same as Rice Pudding. At last stirring, add butter.

Lemon Cream Rice

½ cup rice
3 cups milk
½ cup sugar
Grated rind of ¾ lemon
1½ tablespoons lemon juice
¾ teaspoon salt
2 egg yolks, slightly beaten
2 egg whites, beaten until stiff
2 tablespoons powdered sugar
¼ teaspoon lemon extract

Put rice in double boiler, add milk, and cook until rice is soft. Add sugar, lemon rind, lemon juice, salt, and egg yolks. Stir gently and cook until thickened, turn into a buttered pudding dish, and cool. Add powdered sugar and lemon extract gradually to egg whites. Cover top of pudding with meringue and bake in moderate oven (350° F.) just long enough to brown meringue. Serve with or without Strawberry Sauce (p. 600).

Pear or Peach Condé

1 cup boiling water
½ teaspoon salt
½ cup rice
1½ cups milk
3 tablespoons sugar
2 egg yolks, slightly beaten
Canned pears or peaches
3 tablespoons chopped Canton ginger

Put water and salt in top of double boiler, place on range, and add rice gradually, while stirring with a fork. Boil 5 minutes, place over lower part of double boiler, and steam until kernels have absorbed water; then add milk and continue steaming until kernels are soft. Add sugar and egg yolks. Mound on a serving dish in conical shape and place on rice halves of pears or peaches cooked until soft in their own sirup (to which ⅓ cup sugar has been added). Sprinkle all with ginger.

Chocolate Rice Meringue

2 cups milk
¼ cup rice
⅓ teaspoon salt
1 tablespoon butter
⅓ cup sugar
1 square melted chocolate
½ teaspoon vanilla
½ cup seeded raisins
2 egg whites
½ cup heavy cream

Scald milk, add rice and salt, and cook until rice is soft. Add butter, sugar, chocolate, vanilla, and raisins. Cut and fold in 2 egg whites, beaten until stiff, and cream, beaten until stiff. Pour into buttered baking dish and bake 15 minutes. Cover with Meringue III (p. 609) and bake.

Rice and Raisin Pudding

1 cup boiled or steamed rice
½ cup sugar
1 teaspoon salt
2 tablespoons butter
1 quart milk
½ cup seeded raisins (washed)
Few gratings nutmeg

Combine ingredients. Put in buttered baking dish. Bake in moderately slow oven (325° F.) until milk is absorbed.

New England Pudding

8 common crackers
Butter
1 quart scalded milk
3 eggs
3 egg yolks
1 cup brown sugar
1 teaspoon salt
1 teaspoon cinnamon
½ teaspoon grated nutmeg
1½ cups seeded raisins
1 cup thin cream

Split crackers or use 16 saltines. Spread with butter, using 2 teaspoons to each cracker. Cook raisins in a very small quantity of boiling water until plump and arrange alternate layers of crackers and raisins in a buttered baking dish. Pour on scalded milk, cover, and let stand 1 hour. Beat egg and egg yolks and add sugar, salt, and spices, and cream. Pour over first mixture and bake in moderately slow oven (325° F.) 2½ hours. Serve with a hard or liquid sauce.

Indian Pudding

5 cups scalded milk
⅓ cup corn meal
½ cup molasses
1 teaspoon salt
1 teaspoon ginger

Pour milk slowly on meal, cook in double boiler 20 minutes, add molasses, salt, and ginger; pour into buttered pudding dish, set in pan of hot water, and bake 2 hours in moderately slow oven (325° F.). Serve with cream. If baked too rapidly, it will not whey. Ginger may be omitted.

Club Indian Pudding

1 quart scalded milk
5 tablespoons corn meal
2 tablespoons butter
1 cup molasses
1 teaspoon salt
¾ teaspoon cinnamon
½ teaspoon ginger
2 eggs, well beaten
1 cup cold milk

Add meal gradually, while stirring constantly, to scalded milk and cook in double boiler 20 minutes; then add butter, molasses, seasonings, and eggs. Turn into buttered pudding dish and pour on cold milk. Bake 1 hour in moderate oven (350° F.). Serve with or without vanilla ice cream.

Newton Tapioca

½ cup pearl tapioca or
¼ cup quick-cooking tapioca
1 quart scalded milk
4 tablespoons corn meal
¾ cup molasses
3 tablespoons butter
1½ teaspoons salt
1 cup milk

(Soak pearl tapioca 1 hour in cold water to cover, and drain.) Pour scalded milk over corn meal. Add tapioca, molasses, butter, and salt and cook in double boiler 20 minutes. Turn into buttered pudding dish and pour over remaining milk, but do not stir. Bake 1¼ hours, beginning with hot oven (450° F.) and reducing heat to moderate (350° F.) when wheyed.

Honeycomb Pudding

1 cup sugar
1 cup flour
1 cup molasses
½ cup butter
½ cup lukewarm milk
1 teaspoon soda
4 eggs, well beaten

Mix sugar and flour, then add molasses. Melt butter in milk and add soda. Combine mixtures, beat thoroughly, and add eggs. Turn into buttered baking dish and bake in moderate oven (350° F.). Serve with Florodora Sauce (p. 593).

Squash Pudding

2½ cups steamed and strained squash
½ cup sugar
1 teaspoon salt
¾ teaspoon cinnamon
2 eggs, slightly beaten
2¼ cups milk

Mix sugar, salt, and cinnamon and add to squash; then add eggs and milk. Turn into buttered baking dish and bake in moderate oven (350° F.) until firm. Cool slightly before serving.

Tapioca Custard Pudding

1 quart scalded milk
⅔ cup pearl tapioca or
⅓ cup quick-cooking tapioca
3 eggs, slightly beaten
½ cup sugar
1 teaspoon salt
1 tablespoon butter

(Soak pearl tapioca 1 hour in cold water to cover, and drain.) Add tapioca to milk and cook in double boiler 30 minutes; add sugar and salt to eggs, pour on gradually hot mixture, turn into buttered pudding dish, set in pan of hot water, add butter, bake 30 minutes in moderately slow oven (325° F.).

Coconut Cream Tapioca

1 quart scalded milk
¼ teaspoon salt
3 tablespoons quick-cooking tapioca
1½ cups sugar
¾ cup shredded coconut
4 egg yolks, slightly beaten
4 egg whites, beaten until stiff

Add salt and tapioca to scalded milk and cook 15 minutes, or until clear, stirring frequently. Mix 1 cup sugar, ¼ cup coconut, and egg yolks; combine with tapioca mixture, stirring vigorously. Cook until slightly thickened, stirring constantly. Pour into buttered baking dish. Fold remaining sugar into egg whites and pile lightly on top of tapioca mixture. Cover with remaining coconut. Bake 15 minutes in slow oven (300° F.) or until a golden brown.

Apple Tapioca

¾ cup pearl or ½ cup quick-cooking tapioca
Cold water
2½ cups boiling water
⅛ teaspoon salt
7 sour apples
½ cup sugar

(Soak pearl tapioca 1 hour in cold water to cover, and drain.) Add tapioca to boiling water and salt; cook in double boiler until transparent. Core and pare apples, arrange in buttered pudding dish, fill cavities with sugar, pour over tapioca, and bake in moderate oven (350° F.) until apples are soft. Serve with sugar and cream or whipped cream.

Peach Tapioca

2 cups canned peaches
¼ cup powdered sugar
½ cup sugar
1 cup pearl tapioca or
½ cup quick-cooking tapioca
½ teaspoon salt
Boiling water

Drain peaches, sprinkle with powdered sugar, and let stand 1 hour. (Soak pearl tapioca 1 hour in cold water to cover, and drain.) To peach sirup add enough boiling water to make 3 cups, heat to boiling point and add tapioca, sugar, and salt. Cook in double boiler until transparent. Line a mold or pudding dish with peaches cut in quarters, fill with tapioca, and bake in moderate oven (350° F.) 30 minutes. Cool slightly, turn on dish, and serve with whipped cream.

Rhubarb Tapioca Pudding

⅔ cup pearl tapioca or
⅓ cup quick-cooking tapioca
1¼ cups boiling water
3 cups rhubarb
1⅓ cups sugar
⅔ teaspoon salt

(Soak pearl tapioca 1 hour in cold water to cover, and drain.) Put tapioca in double boiler, add boiling water and salt, and cook until tapioca has absorbed water. Peel rhubarb, cut in ¾-inch pieces crosswise, and sprinkle with sugar. Add to tapioca and cook until tapioca is transparent and rhubarb is soft. Serve with sugar and thin cream.

Date Butterscotch Tapioca Pudding

¼ cup quick-cooking tapioca
⅛ teaspoon salt
2 cups hot water
3 tablespoons butter
6 tablespoons brown sugar
½ teaspoon vanilla
1 cup dates, chopped

Cook tapioca and salt in water in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Melt butter in saucepan, add sugar, and stir until melted. Add tapioca mixture, vanilla, and dates. Pour into buttered baking dish and bake 30 minutes in moderate oven (350° F.). Serve with cream.

Fruit Tapioca

¼ cup quick-cooking tapioca
2½ cups cold water
¾ teaspoon salt
1 inch stick cinnamon
1 tumbler currant jelly
1 tablespoon lemon juice
Almonds, Seeded raisins, Citron } ¼ cup each
Sugar

Cook tapioca in water in double boiler with salt and cinnamon until transparent. Remove from range and add currant jelly, almonds (blanched and shredded), raisins (cut in pieces), and citron (cut in thin slices). Sweeten to taste. Turn into a serving dish, cool slightly, and serve with thin cream.

If pearl tapioca is used, soak ½ cup in water 1 hour, then cook in same water.

Popped Corn Pudding

2 cups popped corn, finely pounded
3 cups scalded milk
3 eggs, slightly beaten
½ cup brown sugar
1 tablespoon butter
¾ teaspoon salt

Pour milk over corn and let stand 1 hour. Add remaining ingredients, turn into a buttered dish, and bake in moderately slow oven (325° F.), until firm. Serve with cream or maple sirup.

Corn Flake Pudding

2 cups corn flakes
2 cups milk
½ cup molasses
½ cup sugar
2 eggs, well beaten
Salt
⅓ teaspoon ginger

Put corn flakes in buttered baking dish. Mix other ingredients and pour over. Bake in moderate oven (350° F.) until firm.

Brown Betty (Scalloped Apples)

2 cups bread crumbs
¼ cup butter, melted
1 quart sliced apples
¼ cup sugar, brown or white
¼ teaspoon grated nutmeg
Grated rind and juice ½ lemon
½ cup hot water

Mix crumbs and butter lightly with fork. Cover bottom of buttered pudding dish with crumbs and spread over half the apples, sprinkle with half the sugar, nutmeg, lemon juice, and rind mixed together; repeat, cover with remaining crumbs and water, and bake 40 minutes in moderate oven (350° F.). Cover at first to prevent crumbs browning too rapidly. Serve with sugar and cream.

Peach Brown Betty (Scalloped Peaches)

Use equal quantities sliced peaches and bread crumbs and make like Brown Betty. Omit lemon and nutmeg. Sirup from canned peaches may be used in place of water (omitting sugar).

Rhubarb Brown Betty

Make like Brown Betty, using equal quantities cooked rhubarb and crumbs. Season to taste. Omit water.

Bread Pudding I

2 cups stale bread crumbs
1 quart scalded milk
⅛ to ½ cup sugar
¼ cup melted butter
2 eggs, slightly beaten
½ teaspoon salt
1 teaspoon vanilla or
¼ teaspoon spice

Soak bread crumbs in milk, set aside until cool; add sugar, butter, eggs, salt, and flavoring; bake 1 hour in buttered pudding dish in moderately slow oven (325° F.). Serve with Vanilla Sauce (p. 601) or Raspberry Sauce (p. 599). In preparing bread crumbs for puddings, avoid using outside crusts. With a coarse grater there need be but little waste.

Bread Pudding II (Sally's)

2 cups stale bread crumbs
1 quart scalded milk
4 egg yolks, well beaten
⅓ cup sugar
2 tablespoons melted butter
Few gratings nutmeg
¼ teaspoon soda
2 teaspoons hot water
4 egg whites, beaten until stiff

Pour milk over bread crumbs, cover, and let stand 15 minutes. Add egg yolks, sugar, butter, nutmeg, and soda, dissolved in water; then fold in egg whites. Turn into a buttered baking dish and bake in moderate oven (350° F.) 45 minutes. Serve hot with Roxbury Sauce (p. 599) or cold with any fruit sauce (p. 594).

Banana Bread Pudding

Follow recipe for Bread Pudding I or II. Slice 1 or 2 bananas over top.

Butterscotch Bread Pudding

Follow recipe for Bread Pudding I or II, but use 1 cup brown sugar (in place of white) and cook with butter until well browned before adding to mixture.

Caramel Bread Pudding

Follow recipe for Bread Pudding I or II, but use ⅔ cup sugar. Caramelize sugar and dissolve in scalded milk before pouring milk over crumbs. Serve with whipped cream.

Chocolate Bread Pudding

Follow recipe for Bread Pudding I or II, scalding 2 squares chocolate with the milk. Beat thoroughly before pouring over crumbs. Flavor with vanilla or cinnamon. Cocoa (⅔ cup) may be used instead of chocolate.

Date and Nut Bread Pudding

Add 1 cup chopped dates (or figs) and ½ cup walnut meats to Bread Pudding I or II.

Orange Marmalade Bread Pudding

Add 1 cup marmalade to bread Pudding I or II.

Raisin Bread Pudding

Add 1 cup chopped, seeded raisins to Bread Pudding I or II.

Nut Bread Pudding

Add ½ cup walnut meats to Chocolate, Caramel, or Butterscotch Bread Pudding.

Cracker Custard Pudding

Make like Bread Pudding, using ⅔ cup cracker crumbs in place of bread crumbs; after baking, cover with meringue made of 2 egg whites, ¼ cup powdered sugar, and 1 tablespoon lemon juice. Bake in slow oven (250° F.) until delicately brown.

Baked Thanksgiving Pudding

4 cups scalded milk
1¼ cups rolled crackers
1 cup sugar
4 eggs, slightly beaten
⅓ cup melted butter
½ grated nutmeg
1 teaspoon salt
1½ cups seeded raisins

Pour milk over crackers and let stand until cool; add sugar, eggs, nutmeg, salt, and butter; parboil raisins until soft and add to mixture; turn into buttered pudding dish and bake slowly 2½ hours, stirring after first half-hour to prevent raisins from settling; serve with hard or liquid sauce.

Cake Crumb Pudding

Follow recipe for any Bread Pudding, substituting cake crumbs for part or all bread crumbs. Sweeten to taste.

Banana Cake Crumb Pudding

1 cup stale sponge cake crumbs
2 cups milk
½ cup banana pulp
¼ cup sugar
¼ teaspoon salt
½ tablespoon lemon juice
1 teaspoon vanilla
3 eggs, slightly beaten

Scald milk, pour over cake crumbs, cover, let stand ½ hour, and rub through a sieve. Add banana, which has been rubbed through a sieve, sugar, salt, lemon juice, vanilla, and eggs. Turn into buttered individual molds, set in pan of hot water, and bake until firm in moderate oven (350° F.). Remove from oven, let stand 5 minutes, turn out, and serve with Cream Sabayon Sauce (p. 599).

Bread and Butter Pudding

6 slices stale bread, ½ inch thick
Butter
3 eggs, slightly beaten
½ cup sugar
¼ teaspoon salt
1 quart milk

Spread bread generously with butter; arrange in buttered pudding dish, buttered side down. Add sugar, salt, and milk to eggs. Strain and pour over bread; let stand 30 minutes. Bake 1 hour in slow oven (325° F.), covering the first half-hour of baking. The top of pudding should be well browned. Serve with Hard Sauce (p. 594) or Creamy Sauce (p. 593). ¾ cup seeded raisins may be sprinkled between layers of bread. ½ cup shredded coconut may be sprinkled between layers and on top.

Bread and Butter Apple Pudding

Cover bottom of a shallow baking dish with apple sauce. Cut stale bread in ⅓-inch slices, spread with softened butter, remove crusts, and cut in triangular-shaped pieces; then arrange closely together over apple. Sprinkle generously with sugar to which is added a few drops vanilla. Bake in moderate oven (350° F.) and serve with cream.

Mock Indian Pudding

5 thick slices of bread
Butter
3½ cups milk
½ cup molasses

Remove crusts from bread. Spread generously with butter, arrange in baking dish, pour over 3 cups milk and molasses. Bake 2 to 3 hours in slow oven (325° F.). Stir 3 times during the first hour of baking, then add remaining milk. Serve with cream or vanilla ice cream.

Lemon Bread Pudding

8 small slices stale bread
Lemon mixture
1 cup milk
3 tablespoons sugar
2 eggs
Grated rind 1 lemon
⅛ teaspoon salt

Spread bread with lemon mixture and arrange in buttered pudding mold. Beat eggs slightly, add sugar, salt, and milk; strain, add lemon rind, and pour mixture over bread. Cover, set in pan of hot water, and bake 1 hour in moderate oven (350° F.).

Lemon Mixture. Cook 3 tablespoons lemon juice, grated rind 1 lemon, and ¼ cup butter 2 minutes. Add 1 cup sugar and 3 eggs slightly beaten; cook until mixture thickens; cool.

Dresden Sandwiches, Roxbury Sauce

1 egg
2 egg yolks
¼ teaspoon salt
2 tablespoons sugar
¾ cup milk
5 slices stale bread

Cut stale bread in ¼-inch slices. Remove crusts and cut slices in halves crosswise. Beat egg and egg yolks slightly, add salt, sugar, and milk, and strain into shallow dish. Soak bread in mixture until soft, then fry (sauté) in butter. Spread half the pieces with any jam or marmalade, cover with remaining pieces, and serve with Roxbury Sauce (p. 599).

SOUFFLÉS

To Bake Soufflés. Bake in baking dish or individual molds set in a pan of hot water. If desired firm, bake 30 to 40 minutes in a moderately slow oven (325° F.). If desired very soft (French method) bake 20 minutes in a moderately hot oven (375° F.). In either case, serve as soon as baked or mixture will fall. Serve with or without a sauce.

Chestnut Soufflé

¼ cup sugar
2 tablespoons flour
1 cup boiled chestnuts (p. 390)
½ cup milk
3 egg whites

Mix sugar and flour, add chestnuts forced through ricer, and milk, gradually. Cook 5 minutes, stirring constantly. Beat egg whites until stiff and cut and fold into mixture. Bake (see above).

Chocolate Soufflé

2 tablespoons butter
2 tablespoons flour
¾ cup milk
1½ squares unsweetened chocolate
⅓ cup sugar
2 tablespoons hot water
3 eggs
½ teaspoon vanilla

Melt butter, add flour, and add milk gradually, while stirring constantly. Cook until boiling point is reached. Melt chocolate over hot water, add sugar and water, and stir until smooth. Combine mixtures, add egg yolks well beaten; cool. Fold in egg whites beaten stiff and add vanilla. Bake (p. 514). Serve with whipped cream.

Custard Soufflé

3 tablespoons butter
¼ cup flour
¼ cup sugar
1 cup scalded milk
4 eggs
¼ teaspoon salt

Melt butter, add flour, and gradually, hot milk. Bring to boiling point and pour on to egg yolks, beaten until thick and lemon-colored and mixed with sugar and salt; cool. Cut and fold in egg whites, beaten stiff. Bake (p. 514). Serve with Creamy Sauce or Foamy Sauce (p. 593).

Fruit Soufflé I

Drain and reserve sirup from 2 cups canned apricots or peaches, cut fruit into quarters and put close together on bottom of a buttered baking dish. Pour over Custard Soufflé mixture. Bake (p. 514). Serve with fruit sirup and whipped cream or vanilla ice cream.

Fruit Soufflé II

¾ cup fruit pulp, peach, apricot, or quince
3 egg whites, beaten stiff
Sugar
Few grains salt

Rub fruit through sieve; if canned fruit is used, first drain from sirup. Heat, sweeten if necessary, and add hot, to egg whites. Add salt and continue beating; turn into buttered and sugared individual molds, having them ¾ full. Bake (p. 514). Serve with Sabayon Sauce (p. 599).

Lemon Soufflé

4 egg yolks
Grated rind and juice 1 lemon
1 cup sugar
4 egg whites

Beat yolks until thick and lemon-colored, add sugar gradually, and continue beating, then add lemon rind and juice. Cut and fold in egg whites beaten stiff. Bake (p. 514).

Mocha Soufflé

3 tablespoons butter
3 tablespoons bread flour
¾ cup boiled coffee (Mocha)
¼ cup cream
½ cup sugar
¼ teaspoon salt
4 eggs
½ teaspoon vanilla

Mix like Custard Soufflé. Bake (p. 514). Serve with Mocha Sauce (p. 597).

Omelet Soufflé

2 egg yolks
¼ cup powdered sugar
½ teaspoon vanilla
4 egg whites
Few grains salt

Beat yolks until thick and lemon-colored. Add sugar, salt, and vanilla. Fold in whites, beaten until stiff. Mound ¾ of mixture on baking platter. Decorate with remaining mixture forced through pastry bag and tube. Sprinkle with powdered sugar. Bake 10 minutes in moderate oven (350° F.).

Spanish Soufflé

¼ cup butter
½ cup stale bread crumbs
1 cup milk
2 tablespoons sugar
3 eggs
½ teaspoon vanilla

Melt butter, add crumbs, cook until slightly browned, stirring often; add milk and sugar, cook 20 minutes in double boiler; remove from fire, add unbeaten egg yolks, then cut and fold in egg whites beaten until stiff, and flavor. Bake (p. 514).

COTTAGE PUDDINGS

Cottage Puddings are like plain cake, served warm with a sauce. They may be baked in plain cake pans, angel-cake pans, or muffin pans.

Cottage Pudding I

¼ cup butter
⅔ cup sugar
1 egg, well beaten
1 cup milk
2¼ cups flour
4 teaspoons baking powder
½ teaspoon salt

Cream butter, add sugar gradually, and egg; mix and sift flour, baking powder, and salt; add alternately with milk to first mixture. Turn into buttered cake pan and bake 35 minutes in moderate oven

(350° F.). Serve with Vanilla Sauce (p. 601), Hard Sauce (p. 594), Lemon Sauce (p. 595), Raspberry Sauce (p. 599), or with strawberries (sweetened and slightly mashed), stewed blueberries, or peaches. Top with whipped cream, if desired.

Cottage Pudding II

Bake Cream Pie (p. 671) in shallow pan. Cut in squares and serve in any way suggested for Cottage Pudding I.

Orange Puffs

Bake Cream Pie (p. 671) in buttered individual tins. Serve with Orange Sauce (p. 598).

Chocolate Cottage Pudding (Warm or Cold)

Bake Chocolate Cake I or II (p. 679) in an angel-cake pan, remove from pan, cool, fill center with whipped cream, sweetened and flavored, and pour around Thin Chocolate Sauce (p. 591).

Pineapple Upside Down Cake

Cottage Pudding I or II
3 tablespoons brown sugar
3 tablespoons butter
Canned sliced pineapple

Cream butter, add sugar, and spread bottom and sides of heavy frying pan with mixture. Cover bottom of pan with slices of pineapple. Pour in cottage pudding mixture. Bake in moderate oven (350° F.). Turn onto serving dish, pineapple side up. Garnish with whipped cream, if desired.

SHORTCAKES

To Bake Shortcakes. Toss mixture on floured board and divide in two parts. Pat, roll out, and put half in round tin. Spread lightly with melted butter and place other half on top. Or cut out with large biscuit cutter and bake on buttered cooky sheet. Bake twelve minutes in hot oven (450° F.).

To Serve Shortcakes. Split with fork and spread with butter. Spread fruit between layers and on top. Cover with whipped cream, using pastry bag and tube, if desired. Cream may be put between layers as well as on top. If cake is used, do not spread with butter. For fruit, use any of the following:

Warm Apple Sauce
Sliced Bananas, sprinkled with sugar and lemon juice
Strawberries, slightly crushed and sweetened to taste. Warm.
Raspberries, prepared like strawberries
Peaches or Apricots, sliced and sweetened, fresh or canned
Stewed blueberries

Shortcake I

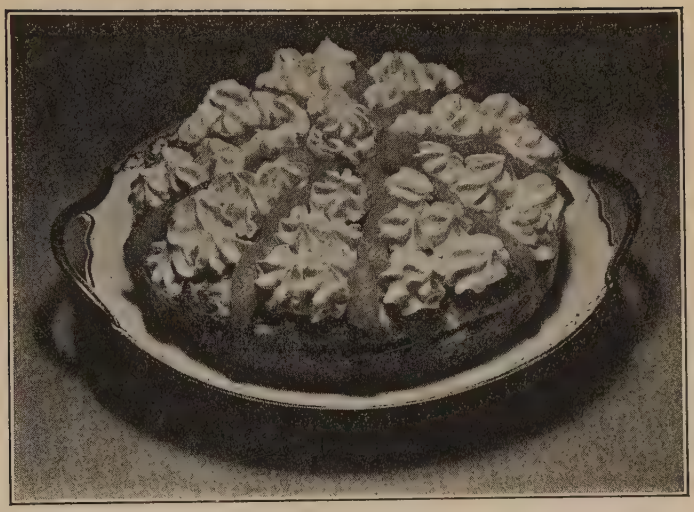
2 cups flour
4 teaspoons baking powder
½ teaspoon salt
1 tablespoon sugar
¾ cup milk
¼ to ⅓ cup butter

Mix dry ingredients, sift twice, work in butter with pastry mixer, fork, or finger tips, and add milk gradually. Bake and serve (see above).

Shortcake II

2 cups flour
¼ cup sugar
4 teaspoons baking powder
½ teaspoon salt
Few grains nutmeg
1 egg or 2 egg yolks, well beaten
⅓ cup butter
⅓ cup milk

Mix dry ingredients and sift twice, work in shortening with pastry mixer, fork, or finger tips, and add egg and milk. Bake and serve (see above).



APRICOT SHORTCAKE DECORATED WITH WHIPPED CREAM PUT ON WITH PASTRY BAG AND TUBE

Shortcake III

Bake One-Egg Cake (p. 670) or Cream Pie (p. 671). Cool, split, and spread with fruit. Garnish with whipped cream.

Dutch Apple Cake I

Spread any shortcake mixture, ¾ inch thick in buttered round or oblong pan. Cover top with wedge-shaped slices of apple, pressing thin edge into dough. Sprinkle with sugar and cinnamon. Bake in moderate oven (350° F.). Serve with Hard Sauce (p. 594), Soft Custard (p. 532), or Lemon Sauce (p. 595).

Dutch Apple Cake II or Apple Küchen

Follow recipe for Cincinnati Coffee Bread (p. 39), omitting nut mixture. Spread ¾ inch thick in buttered dripping pan. Brush over with melted butter. Pare 5 sour apples and core, cut in eighths, and press sharp edges of apples into dough in parallel rows lengthwise of pan. Sprinkle with ¼ cup sugar mixed with ½ teaspoon cinnamon and 2 tablespoons currants or seedless raisins. Cover, let rise, and bake 30 minutes in moderate oven (350° F.). Cut in squares and serve with whipped cream, sweetened and flavored.

Fruit Küchen

Follow recipe for Dutch Apple Cake (p. 519), using stoned plums, peaches, or apricots in place of apples.

Apple, Peach, or Apricot Dumplings

Roll or pat Baking-Powder Biscuit (p. 59) or Shortcake I (p. 518) mixture ¼ inch thick. Cut in 4-inch squares. Place whole fruit, pared and cored or pitted, in middle of squares. Fill fruit with sugar mixed with cinnamon or nutmeg. Sprinkle with grated cheese or dot over with butter. Draw 4 corners of dough together on top of fruit. Pinch edges together. Prick with fork and bake 30 minutes in moderate oven (350° F.). Serve with Hard Sauce (p. 594), Foamy Sauce I or II (p. 593), or Lemon Sauce II (p. 595).

Peach Cobbler

2 cups sliced peaches — ⅔ cup sugar
1 egg, well beaten — ¼ cup butter
Baking-Powder Biscuit (p. 59)

Mix egg, sugar, and peaches. Spread in buttered baking dish, dot over with butter. Cover with biscuit dough. Bake in hot oven (450° F.). Serve with Hard Sauce (p. 594), Hard Sauce with Cream (p. 595), or Lemon Sauce II (p. 595).

Baba Cakes with Apricots

1½ cups flour — ⅔ cup butter
1 yeast cake, dissolved in — 4 eggs
½ cup lukewarm water — ½ cup sugar
¼ teaspoon salt

Add ½ cup flour to dissolved yeast cake; cover and let rise. Mix remaining flour with butter, 2 eggs, sugar, and salt. Beat thoroughly and add, while beating, remaining eggs, 1 at a time, then beat until mixture is perfectly smooth. As soon as sponge has doubled its bulk, combine mixtures, beat thoroughly, and half fill buttered individual tins. Let rise and bake in a moderate oven (350° F.). Remove from tins, cut a circular piece from top of each, and scoop out a small quantity of the inside. Fill centers thus made with Apricot Marmalade. Replace circular pieces and serve with Wine Sauce (p. 601), or Lemon Sauce (p. 595).

STEAMED PUDDINGS

Butter mold or baking-powder boxes and turn in mixture, having molds not more than two-thirds full. Put on cover and place mold on trivet in kettle containing boiling water. Have water come halfway up around mold. Keep water at boiling point, adding boiling water as needed.

Emergency Puddings

1 cup bread flour
½ teaspoon salt
2 tablespoons baking powder
Milk (about ⅓ cup)
Canned peaches

Mix and sift flour, salt, and baking powder. Moisten to soft dough with milk. Drop 1 tablespoonful in each buttered individual mold, add a small section cut from a canned peach, cover with another tablespoon dough, and steam (closely covered) 10 minutes. Sections of other canned fruits or raspberry or blackberry jam may be used in place of peaches. Serve with any pudding sauce.

Steamed Apple Pudding

Baking-Powder Biscuits (p. 59)
1 tablespoon sugar
¼ teaspoon salt
¼ teaspoon nutmeg
4 apples, cut in eighths

Toss biscuit dough on floured board, pat and roll out, place apples on middle of dough, and sprinkle with sugar mixed with salt and nutmeg. Bring dough around apples and carefully lift into buttered mold or 5-pound lard pail; or apples may be sprinkled over dough, and dough rolled like a jelly roll. Steam (see above) 1 hour and 20 minutes. Serve with Vanilla Sauce (p. 601) or Hard Sauce (p. 594).

Twice the number of apples may be sprinkled with sugar and cooked until soft in kettle placed on top of range, covered with dough, rolled size to fit in kettle, then kettle covered tightly, and dough steamed 15 minutes. When turned on dish for serving, apples will be on top.

Almond Pudding

4 tablespoons butter
⅓ cup sugar
½ cup molasses
2 eggs, well beaten
½ cup milk
1½ cups flour
½ teaspoon soda
¼ teaspoon cinnamon
¾ cup almonds, blanched and roasted

Cream butter, add sugar gradually, then molasses and eggs. Mix and sift dry ingredients and add alternately with milk to first mixture; then add almonds, finely chopped. Steam (p. 521) 2½ hours. Serve with whipped cream.

Steamed Blueberry Pudding

Mix Baking-Powder Biscuits (p. 59), adding 1 cup each of milk and blueberries rolled in flour. Steam (p. 521) 1½ hours. Serve with Creamy Sauce (p. 593), or Yankee Sauce (p. 601), or hot stewed blueberries and Hard Sauce (p. 594).

Steamed Chocolate Pudding

3 tablespoons butter
⅔ cup sugar
1 egg, well beaten
1 cup milk
2¼ cups flour
4½ teaspoons baking powder
2½ squares unsweetened chocolate
¼ teaspoon salt

Cream butter, add sugar gradually, and egg. Mix and sift flour with baking powder and salt and add alternately with milk to first mixture; then add chocolate, melted over hot water. Turn into buttered mold. Steam (p. 521) 2 hours. Serve with Cream Sauce (p. 592).

Steamed Cranberry Pudding

⅓ cup butter
⅔ cup sugar
2 eggs, well beaten
2⅓ cups flour
2½ teaspoons baking powder
⅓ cup milk
1 cup cranberries

Cream butter, add sugar gradually, and eggs. Mix and sift flour and baking powder and add alternately with milk to first mixture. Stir in berries. Steam (p. 521) 3 hours. Serve with thin cream, sweetened and flavored with nutmeg.

Steamed Ginger Sponge

½ cup butter
2 tablespoons sugar
2 eggs, well beaten
1 cup milk
2½ cups flour
3 teaspoons baking powder
¼ teaspoon salt
¼ cup preserved ginger, cut in small pieces
1 tablespoon ginger sirup

Cream butter and add sugar gradually and eggs. Then add milk alternately with flour, mixed and sifted with baking powder and salt. Add ginger and ginger sirup and turn into buttered mold. Steam (p. 521) 1¾ hours. Serve with whipped cream flavored with ginger sirup.

Raisin Puff

Make like Ginger Sponge, adding 1 cup raisins in place of ginger and ginger sirup. Serve with whipped cream, sweetened and flavored with grated nutmeg.

Graham Pudding

¼ cup butter
½ cup molasses
½ cup milk
1 egg, well beaten
1½ cups fine whole wheat flour
½ teaspoon soda
1 teaspoon salt
1 cup seeded raisins, cut in pieces

Melt butter, add molasses, milk, egg, dry ingredients mixed and sifted, and raisins. Steam (p. 521) 2½ hours. Serve with Lemon Sauce. Dates or figs cut in small pieces may be used in place of raisins.

Harvard Pudding

⅓ cup butter
½ cup sugar
2½ cups flour
3½ teaspoons baking powder
¼ teaspoon salt
1 cup milk
1 egg

Mix and sift dry ingredients and work in butter with tips of fingers; beat egg, add milk, and combine mixtures. Steam (p. 521) 2 hours. Serve with warm Apple Sauce (p. 733), and Hard Sauce (p. 594).

Ginger Pudding

Add 2 teaspoons ginger to Harvard Pudding. Serve with Vanilla Sauce (p. 601).

St. James Pudding

3 tablespoons butter
½ cup molasses
½ cup milk
½ pound dates, stoned and cut in pieces
½ teaspoon soda
Salt, Clove, Allspice, Nutmeg — ¼ teaspoon each
1⅞ cups flour

Mix like Graham Pudding (above). Steam (p. 521) 2½ hours.

OHIO PUDDING STEAMED IN BAKING-POWDER BOXES

Ohio Pudding (Steamed Carrot Pudding)

1 cup sugar
1 cup flour
2 teaspoons baking powder
1 teaspoon salt
1 teaspoon soda
1 cup finely grated, raw potato
1 cup grated, raw carrot (3 small)
1 cup seedless raisins
1 cup seeded raisins

Mix and sift sugar, flour, baking powder, salt, and soda. Add remaining ingredients and mix thoroughly. Steam (p. 521) 2 hours. Serve with Ohio Sauce (p. 598).

Orange Cream Sponge

3 tablespoons butter
¼ cup flour
1 cup scalded milk
4 eggs
¼ cup sugar
1 tablespoon orange juice
1 teaspoon grated orange rind

Melt butter, add flour, and stir until well blended; then pour on milk gradually, while stirring constantly, and bring to boiling point. Add orange juice and grated rind to egg yolks and beat until thick and lemon-colored. Add sugar, continuing beating. Combine mixtures and fold in egg whites, beaten until stiff. Turn into buttered melon

mold and steam (p. 521) 35 minutes. Serve with Orange Sauce (p. 598) or Creamy Sauce (p. 593), flavored with juice and grated rind of orange.

Roxbury Pudding, Hot Chocolate Sauce

½ cup butter
1 cup sugar
½ cup milk
2½ cups flour
3½ teaspoons baking powder
Few grains salt
4 egg whites, beaten until stiff

Work butter until creamy and add sugar gradually, while beating constantly; then add milk, flour mixed and sifted with baking powder, salt, and egg whites. Steam (p. 521) 1 hour. Serve with Hot Chocolate Sauce (p. 592).

Swiss Pudding

½ cup butter
⅞ cup flour
2 cups milk
Grated rind 1 lemon
5 eggs
⅓ cup powdered sugar

Cream butter, add flour gradually; scald milk with lemon rind, add to first mixture, and cook and stir 5 minutes in double boiler. Beat egg yolks until thick and lemon-colored, add sugar gradually, then add to cooked mixture. Cool and cut and fold in egg whites beaten stiff. Steam (p. 521) 1¼ hours.

STEAMED PUDDINGS WITH SUET

English Plum Pudding I

½ pound stale bread crumbs
1 cup scalded milk
¼ pound sugar
4 eggs
½ pound seeded raisins, cut in pieces and floured
¼ pound seedless raisins
¼ pound finely chopped figs
2 ounces finely cut citron
½ pound suet
¼ cup currant jelly or grape juice
½ grated nutmeg
¾ teaspoon cinnamon
⅓ teaspoon clove
⅓ teaspoon mace
1½ teaspoons salt

Soak bread crumbs in milk, let stand until cool, add sugar, beaten egg yolks, raisins, figs, and citron; chop suet and work with hands until creamy; combine mixtures, then add currant jelly or grape juice, nut-

meg, cinnamon, clove, mace, and egg whites beaten stiff. Steam (p. 521) 6 hours. Wine may be used in place of jelly or grape juice.

English Plum Pudding II

1¼ cups flour
2⅔ cups stale bread crumbs
2 cups raisins, seeded and cut in pieces
2 cups seedless raisins
2 cups suet, finely chopped
1¼ cups sugar
1 cup molasses
3 ounces candied orange peel, finely cut
1 teaspoon grated nutmeg
1 teaspoon mace
6 eggs, well beaten
2 teaspoons salt

Mix ingredients in order given, turn into a thickly floured square of unbleached cotton cloth. Tie securely, leaving some space to allow the pudding to swell, and plunge into a kettle of boiling water. Cook 5 hours, allowing pudding to be covered with water during the entire cooking. Serve with Hard Sauce and Liquid Sauce.

Hard Sauce. Cream ⅓ cup butter; add gradually 1 cup brown sugar and 2 tablespoons brandy, drop by drop. Force through pastry bag with rose tube and garnish with green leaves and candied cherries.

Liquid Sauce. Mix ½ cup sugar, ½ tablespoon cornstarch, and few grains salt. Add gradually, while stirring constantly, 1 cup boiling water and boil 5 minutes. Remove from fire, add 1 tablespoon lemon juice and 2 tablespoons brandy; then color with fruit red.

Fig Pudding I

3 ounces beef suet
½ pound figs
2⅓ cups stale bread crumbs
½ cup milk
2 eggs, well beaten
1 cup sugar
¾ teaspoon salt

Force suet and figs through food chopper, and work with the hands until creamy. Soak bread crumbs in milk, add eggs, sugar, and salt. Combine mixtures. Steam (p. 521) 3 hours. Serve with Yellow Sauce I or II (p. 601).

Fig Pudding II

¼ pound suet
½ pound figs
1 large sour apple (cored and pared)
¼ pound brown sugar
¼ pound bread crumbs
¼ cup milk
2 eggs
3 ounces flour

Force suet, figs, and apple through food chopper. Mix thoroughly and add sugar. Pour milk over bread crumbs and add egg yolks, well beaten. Combine mixtures, add flour and egg whites beaten until stiff. Steam (p. 521) 4 hours. Serve with Lemon Sauce III (p. 595).

French Fruit Pudding

1 cup finely chopped suet
1 cup molasses
1 cup sour milk
1½ teaspoons soda
1 teaspoon cinnamon
½ teaspoon clove
½ teaspoon salt
1¼ cups seeded raisins, chopped
¾ cup currants
2¾ cups flour

Add molasses and sour milk to suet; add 2 cups flour mixed and sifted with soda, salt, and spices. Add fruit mixed with remaining flour. Steam (p. 521) 4 hours. Serve with Sterling Sauce (p. 600).

Sterling Fruit Pudding

1 cup suet
2⅔ cups stale bread crumbs
1 cup grated, raw carrot
4 egg yolks
1⅓ cups brown sugar
Grated rind 1 lemon
1 tablespoon vinegar
1 cup seeded raisins, cut in pieces
¾ cup currants
⅛ cup flour
1½ teaspoons salt
1 teaspoon cinnamon
½ teaspoon grated nutmeg
¼ teaspoon cloves
4 egg whites

Force suet through food chopper and work with hands until creamy. Add bread crumbs and carrot. Beat egg yolks until light and add sugar gradually, while beating constantly. Combine mixtures and add lemon rind and vinegar. Mix raisins and currants and dredge with flour, mixed and sifted with salt and spices. Add to mixture with egg whites, beaten until stiff. Turn into buttered mold garnished with citron (cut in thin slices, then in fancy shapes) and adjust cover. Steam (p. 521) 3½ hours.

Suet Pudding

1 cup finely chopped suet
1 cup molasses
1 cup milk
3 cups flour
1 teaspoon soda
1½ teaspoons salt
Ginger, Clove, Nutmeg } ½ teaspoon each
1 teaspoon cinnamon

Mix and sift dry ingredients. Add molasses and milk to suet; combine mixtures. Steam (p. 521) 3 hours. Serve with Sterling Sauce (p. 600).

Hunter's Pudding

Add 1½ cups seeded raisins, floured, to Suet Pudding mixture.

Steamed Thanksgiving Pudding

⅓ cup suet
½ pound figs, finely chopped
2½ cups stale bread crumbs
¾ cup milk
1 cup brown sugar
1 teaspoon salt
¾ teaspoon cinnamon
½ teaspoon grated nutmeg
½ cup English walnut meats
½ cup seeded raisins, cut in pieces
2 tablespoons flour
4 eggs, well beaten
2 teaspoons baking powder

Chop suet and work with hand until creamy, then add figs. Soak bread crumbs in milk, add eggs, sugar, salt, and spices. Combine mixtures, add nut meats and raisins dredged with flour. Sprinkle over baking powder and beat thoroughly. Steam (p. 521) 3 hours, and serve with Yellow Sauce II (p. 601).

ADDITIONAL RECIPES FOR HOT DESSERTS

German Toast (p. 58) with jam or Apricot Sauce (p. 590)

Pop-overs (p. 66) with Lemon Sauce III (p. 595)

Griddle Cakes (p. 74) with Maple Sirup, Mock Maple Sirup (p. 596), or jam

French Pancakes (p. 76) rolled with jelly or jam filling

Crêpes Suzette (p. 76)

Waffles (p. 77)

Steamed Rice with Hot Chocolate Sauce (p. 592), Butterscotch Sauce (p. 590), or Raspberry Sauce (p. 599)

Orange Omelet (p. 121)

Almond Omelet (p. 122)

Sweet Fritters (p. 470)

Pies (p. 607)

Turnovers (p. 628)

Gingerbread (p. 630) with whipped cream, apple sauce, or marshmallows

Baked Apples (p. 731), etc.

CHAPTER 33

COLD DESSERTS

Irish Blancmange

¾ cup Irish moss
4 cups milk
¼ teaspoon salt
1½ teaspoons vanilla

Soak moss 15 minutes in cold water to cover, drain, pick over, and add to milk; cook in double boiler 30 minutes (the milk will seem but little thicker than when put on, but if cooked longer, blancmange will be too stiff). Add salt; strain, flavor, and strain into individual molds first dipped in cold water. Chill, remove from molds, serve with sugar and cream, or thin slices of banana, canned figs in sirup, or other fruit.

Chocolate Blancmange

Melt 1½ squares chocolate, add ¼ cup sugar and ⅓ cup boiling water, stir until smooth, and add to Irish Moss Blancmange mixture just before taking from fire. Serve with sugar and cream.

Berkshire Cornstarch Pudding

2 squares unsweetened chocolate
2¼ cups milk
⅓ cup sugar
3 tablespoons cornstarch
¼ teaspoon salt
½ teaspoon vanilla

Scald chocolate and 2 cups milk in double boiler and heat until blended. Mix sugar, cornstarch, and salt and pour on gradually ¼ cup milk. Add to milk and chocolate and cook 15 minutes, stirring constantly until mixture thickens, and afterwards occasionally. Add flavoring and chill. Serve with or without sugar and cream.

Rebecca Pudding

4 cups scalded milk
½ cup cornstarch
¼ cup sugar
¼ teaspoon salt
½ cup cold milk
1 teaspoon vanilla
3 egg whites, beaten until stiff

Mix cornstarch, sugar, and salt, dilute with cold milk, add to scalded milk, stirring constantly until mixture thickens, afterwards occasionally; cook 15 minutes in double boiler. Cool slightly. Add flavoring

and egg whites, mix thoroughly, mold, chill, and serve with Yellow Sauce I or II (p. 601), or Chocolate Sauce (p. 591).

Lemon Blancmange (Jordan Pudding)

2 cups boiling water
¾ cup sugar
¼ teaspoon salt
5 tablespoons cornstarch
¼ cup cold water
2 egg whites, beaten until stiff
⅓ cup lemon juice

Add sugar and salt to boiling water. Dilute cornstarch with cold water and combine mixtures. Bring to boiling point, stirring constantly, and boil 5 minutes; cool slightly, add egg whites, and lemon juice. Turn into mold, first dipped in cold water, and chill. Serve with Soft Custard (p. 532).

Butterscotch Pudding

2 cups milk
1 tablespoon butter
1 cup brown sugar
3 tablespoons cornstarch
⅛ teaspoon salt
2 egg whites, beaten until stiff
1 teaspoon vanilla

Mix cornstarch with ¼ cup milk. Scald remaining milk in double boiler. Melt butter, add sugar, and cook, stirring constantly, until sugar melts. Add slowly to hot milk, stirring constantly until well blended. Add cornstarch, stir until thickened. Cook 20 minutes. Add vanilla and salt, fold in egg whites, and chill.

Chocolate Cream

2 cups scalded milk
5 tablespoons cornstarch
⅓ cup sugar
¼ teaspoon salt
⅓ cup cold milk
1½ squares unsweetened chocolate
3 egg whites
1 teaspoon vanilla

Scald milk with chocolate, add cornstarch, sugar, and salt diluted with cold milk. Cook over hot water 20 minutes, stirring constantly until thickened; cool slightly; add to egg whites, beaten stiff but not dry; then add vanilla. Mold, chill, and serve with cream.

Pineapple Pudding

2¾ cups scalded milk
¼ cup cold milk
⅓ cup cornstarch
¼ cup sugar
¼ teaspoon salt
1 cup crushed pineapple
3 egg whites

Make like Rebecca Pudding (p. 529) and add pineapple just before molding. Fill individual molds, previously dipped in cold water. Serve with cream.

Maple Nut Pudding

1½ cups brown sugar
2 cups boiling water
⅓ cup cornstarch
¼ cup cold water
3 egg whites, beaten until stiff
½ cup English walnut meats
Few grains salt

To brown sugar add boiling water and cornstarch diluted with cold water. Cook over flame until mixture thickens, stirring constantly; then cook in double boiler 20 minutes, stirring occasionally. Remove from range and add egg whites, nut meats broken in small pieces, and salt. Mold and chill. Serve with Soft Custard (p. 532).

Fig Custard

1 quart milk
2 tablespoons cornstarch
¾ cup sugar
¼ teaspoon salt
3 egg yolks
½ pound figs
¼ cup boiling water
¼ cup sugar
1½ tablespoons lemon juice
3 egg whites
3 tablespoons powdered sugar

Scald milk. Mix cornstarch, sugar, and salt. Pour on gradually scalded milk and cook in double boiler 20 minutes. Add egg yolks, slightly beaten, stir and cook 3 minutes.

Cut figs in small pieces, put in double boiler, add water, sugar, and 1 tablespoon lemon juice and cook until figs are soft. Combine mixtures and cool; then turn into serving dish. Beat egg whites until stiff and add powdered sugar gradually, while beating constantly; then add ½ tablespoon lemon juice. Pile by spoonfuls over pudding, just before serving.

Caramel Junket

2 cups milk
⅓ cup sugar
⅓ cup boiling water
1 junket tablet
Few grains salt
1 teaspoon vanilla
Whipped cream, sweetened and flavored
Chopped nut meats

Heat milk until lukewarm. Caramelize sugar, add boiling water, and cook until sirup is reduced to ⅓ cup. Cool and add milk slowly

to sirup. Reduce junket tablet to powder, add to mixture, with salt and vanilla. Let stand in warm place until set, then chill. Cover with whipped cream and sprinkle with chopped nuts.

Bread Pudding (Cold)

Serve any of the Bread Puddings (p. 510) cold, with cream, whipped or plain.

Cold Chocolate Bread Pudding

1 cup soft, stale bread crumbs
1½ squares unsweetened chocolate
1 cup sugar
2 cups milk
1 egg
2 tablespoons butter
¼ teaspoon salt
½ teaspoon vanilla or 1 teaspoon cinnamon

Add bread, chocolate, and sugar to cold milk, reserving ½ cup. Cook in double boiler until a smooth paste is formed. Beat egg slightly, add reserved milk, butter, and salt, and stir into hot mixture. Stir and cook until mixture thickens, then add vanilla. Turn in buttered pudding dish and bake 20 minutes in moderate oven (350° F.). Serve very cold, with cream, whipped or plain. 2 egg yolks may be used instead of 1 whole egg, the whites being used for Meringue I (p. 608) for the top.

Soft Custard (Boiled Custard)

2 cups scalded milk
3 egg yolks
¼ cup sugar
⅛ teaspoon salt
½ teaspoon vanilla

Beat eggs slightly, using a fork; add sugar and salt; stir constantly while adding hot milk gradually. Cook in double boiler, continue stirring until mixture thickens, and when a coating is formed on the spoon, strain immediately; chill and flavor. If custard curdles from being cooked too long, beating with egg beater will restore smoothness, though custard will be less thick. Eggs should be beaten slightly for custard, that it may be of smooth, thick consistency. To prevent scum from forming, cover with a perforated tin while cooling. 2 egg yolks and ½ tablespoon cornstarch may be used.

Floating Island

Serve Soft Custard topped with a spoonful of beaten egg white flavored with powdered sugar and vanilla or cocoa.

Coconut Custard I

Soft Custard	½ cup powdered sugar
3 egg whites	¾ cup grated coconut

Pour custard into baking dish. Beat egg whites until stiff, fold in sugar and coconut and spread over custard. Brown lightly in slow oven (300° F.).

Tipsy Pudding

Flavor Soft Custard with non-alcoholic sherry or vanilla. Pour over slices of stale sponge cake.

Fruit Trifle (Peach, Banana, or Orange Custard)

Pour Soft Custard over fruit, sliced into serving dish. Chill. Alternate layers of stale cake and fruit may be used. Cover with Meringue I (p. 608), if desired.

Baked Custard

4 cups scalded milk	½ cup sugar
4 to 6 eggs	¼ teaspoon salt
Few gratings nutmeg	

Beat eggs slightly, add sugar and salt, pour on slowly scalded milk; strain into buttered mold, set in pan of hot water lined with several thicknesses of paper. Sprinkle with nutmeg and bake in moderate oven (350° F.) until firm. To test, insert knife in custard; if knife comes out clean, custard is done. During baking, care must be taken that water surrounding mold does not reach boiling point, or custard will whey.

For *cup custards* allow 4 eggs to 4 cups milk; for *large molded custard*, 6 eggs; if fewer eggs are used, custard is liable to crack when turned on a serving dish. Replace 1 tablespoon milk by 1 tablespoon evaporated milk to make custard cut perfectly.

Caramel Custard

4 cups scalded milk
5 eggs, slightly beaten
¼ cup sugar
½ teaspoon salt
1 teaspoon vanilla
⅔ cup sugar (to caramelize)

Caramelize ⅔ cup sugar (p. 721). Add gradually to milk, being careful that milk does not bubble up and go over on account of the high temperature of sugar. As soon as sugar is melted in milk, add mixture gradually to eggs and ¼ cup sugar, salt, and flavoring, then strain into buttered mold. Bake like Baked Custard. Chill and serve with Caramel Sauce (p. 591). If desired, replace ¼ cup milk by ¼ cup fresh hot coffee.

Coffee Custard

2 cups milk
2 tablespoons ground coffee
3 eggs, slightly beaten
¼ cup sugar
⅛ teaspoon salt
¼ teaspoon vanilla

Scald milk with coffee and strain. Add sugar, salt, vanilla, and milk to eggs. Strain into buttered individual molds. Bake like Baked Custard.

Danish Caramel Custard

⅔ cup sugar (to caramelize)
¼ cup sugar
5 eggs, slightly beaten
1 quart milk
½ teaspoon salt
1 teaspoon vanilla

Caramelize ⅔ cup sugar in baking dish. Then set dish at once in larger pan of cold water to stop the cooking and let stand about 1 minute, turning the pan to allow the caramel to coat sides as well as bottom. Add plain sugar, milk, salt, and vanilla to eggs and strain into dish lined with caramel. Bake like Baked Custard.

Baked French Custard

1 pint thin cream
3 egg whites
2 tablespoons sugar
½ teaspoon vanilla
¼ teaspoon salt

Heat cream in double boiler. Beat egg whites until stiff and add sugar, vanilla, and salt. Add mixture to cream and beat, using egg beater. Bake like Baked Custard.

Ginger Custard

Flavor Baked Custard with vanilla. Garnish sides of buttered molds with thin strips of Canton ginger before pouring in custard.

Coconut Custard II

Add ½ to 1 cup shredded coconut to Baked Custard mixture before baking.

Chocolate Custard

Follow recipe for Baked Custard, scalding 2 squares chocolate with milk.

Wine Cream

⅓ cup sugar
Grated rind and juice ½ lemon
2 egg yolks
2 egg whites, beaten until stiff
Sherry flavoring

Mix sugar, lemon rind and juice, and egg yolks. Add flavoring. Cook until thick and frothy, stirring constantly with wire whisk. Pour over egg whites and beat until thoroughly blended. Pour over sponge cake or lady fingers.

Tapioca Cream

¼ cup pearl tapioca or 1½ tablespoons quick-cooking tapioca
2 cups scalded milk
2 eggs
⅓ cup sugar
¼ teaspoon salt
1 teaspoon vanilla

Pick over tapioca (soak pearl tapioca 1 hour in cold water to cover and drain), add to milk, and cook in double boiler until tapioca is transparent. Add half the sugar to milk and remainder to egg yolks slightly beaten, and salt. Combine by pouring hot mixture slowly on egg mixture; return to double boiler, stir and cook until it thickens. Add egg whites beaten stiff. Chill and flavor.

Coffee Tapioca

4 cups boiled or percolated coffee
½ cup quick-cooking tapioca
½ cup sugar

Cook 15 minutes. Mold and chill. Serve with cream, plain or whipped.

Chocolate Tapioca

2 squares unsweetened chocolate
6 tablespoons sugar
⅛ teaspoon salt
1 quart milk
6 tablespoons quick-cooking tapioca
1 teaspoon vanilla

Scald chocolate with milk and add sugar and salt. Add tapioca and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add vanilla and chill. Serve with whipped cream.

Pineapple Tapioca Cream

2 cups milk
3 tablespoons quick-cooking tapioca
2 egg yolks
¼ teaspoon salt
10 marshmallows
1 cup sugar
⅓ cup water
2 egg whites
1 tablespoon lemon juice
½ cup small cubes pineapple, cubed or crushed

Scald milk, add tapioca, and cook until tapioca is transparent; then add egg yolks, slightly beaten, and salt. Let stand until cold. Cook sugar and water until sirup will spin a thread when dropped from tip of spoon. Pour sirup gradually, while stirring constantly, on egg whites beaten until stiff, and add lemon. Add half meringue to tapioca mixture with pineapple cubes and marshmallows. Spread with remaining meringue mixture and chill.

Peanut Butterscotch Tapioca

¼ cup quick-cooking tapioca
⅛ teaspoon salt
2 cups scalded milk
1 tablespoon butter
½ cup brown sugar
¼ cup peanuts, skinned and chopped

Add tapioca and salt to milk. Cook in double boiler until tapioca is clear, stirring frequently (15 minutes). Melt butter, add sugar, cook until brown. Add to tapioca mixture and cook until dissolved. Add nuts. Chill. Serve with whipped cream.

Baked Rice Custard

1 cup cooked rice
2 cups milk
3 egg yolks
½ cup sugar
¼ teaspoon salt
Grated rind ½ lemon
Meringue I (p. 608)

Beat egg yolks, add milk, rice, ½ cup sugar, salt, and lemon rind. Bake in buttered baking dish 20 to 30 minutes in moderate oven (350° F.). Cover with meringue and bake in slow oven (300° F.) until brown.

Chocolate Rice Pudding

1 ounce chocolate
4 cups milk
¼ cup rice
½ teaspoon salt
¼ cup sugar
½ teaspoon vanilla

Scald milk with chocolate in double boiler. Beat until creamy. Add rice, salt, and sugar. Cook, stirring occasionally, until rice is soft. Cool and flavor. Serve with cream.

Rice Cream

1 cup hot rice, cooked in milk (p. 86)
1 tablespoon gelatine, soaked in
3 tablespoons cold water
2 tablespoons sugar
¼ teaspoon salt
1 teaspoon vanilla
1 cup heavy cream, whipped

Drain rice, add gelatine, sugar, salt, and vanilla. Mix thoroughly. Cool, fold in cream, mold, or pile in dessert glasses. Serve with any sauce suitable for ice cream or, if in small glasses, pour over maple sirup and sprinkle with chopped nut meats.

Pineapple Rice Cream

Before molding Rice Cream, fold in 1 cup crushed pineapple, thoroughly drained.

Rice Fruit Cream

2 tablespoons rice
2 cups milk
2 tablespoons granulated gelatine, soaked in
¼ cup cold water
¾ cup boiling water
½ cup powdered sugar
1 cup heavy cream, whipped
⅛ cup candied cherries, cut in pieces
⅛ cup walnut meats, broken in pieces
½ tablespoons Angelica, cut in strips
1 teaspoon vanilla

Cook rice in milk over hot water until soft. Rub through sieve. Add gelatine dissolved in boiling water. Cool, add sugar, vanilla, salt, and cream. Fold in fruit.

Prune Whip

⅔ cup stewed prunes (p. 736), pitted
5 egg whites
½ cup sugar
½ tablespoon lemon juice

Rub prunes through a strainer, add sugar, and cook 5 minutes (the mixture should be of the consistency of marmalade). Beat egg whites until stiff, add prune mixture gradually when cold, and lemon juice. Pile lightly on buttered pudding dish, bake 20 minutes in slow oven (325° F.). Serve cold with Soft Custard (p. 532).

Prune Pudding

1½ cups stewed prunes (p. 736), pitted ½ cup sugar 4 egg whites

Cut prunes in small pieces; then sprinkle with sugar. Beat egg whites until stiff and add prunes gradually. Pour into slightly buttered pudding dish and bake 25 minutes in moderate oven (350° F.). Chill and serve with whipped cream or Soft Custard (p. 532).

Norwegian Prune Pudding

½ pound prunes = 22 prunes
2 cups cold water
1 cup sugar
⅛ teaspoon salt
1-inch piece stick cinnamon
1⅓ cups boiling water
⅓ cup cornstarch
1 tablespoon lemon juice

Pick over and wash prunes, then soak 1 hour in cold water, and boil until soft in same water; or use 1 cup stewed prunes, pitted, and ¼ cup juice. Obtain meat from stones and add to prunes and juice. Add sugar, salt, cinnamon, boiling water, and simmer 10 minutes. Dilute cornstarch with enough cold water to pour easily, add to prune mixture, and stir constantly while cooking 5 minutes. Remove cinnamon, add lemon juice, mold, chill, and serve with cream.

Nut Prune Soufflé

Follow recipe for Norwegian Prune Pudding, then add 2 egg whites beaten stiff and ½ cup walnut meats broken in pieces.

Ambrosia

3 oranges ¼ cup shredded coconut 3 bananas

Remove sections from oranges and cut in thirds. Slice bananas. Combine fruits, chill, and serve topped with coconut.

Berry Whip (Raspberries or Strawberries)

1¼ cups raspberries 1 cup powdered sugar 1 egg white

Put ingredients in bowl and beat with wire whisk until stiff enough to hold its shape (about 30 minutes). Pile lightly on dish, chill, surround with lady fingers, and serve with Soft Custard (p. 532).

Apple Meringue

Pile Meringue I (p. 608) on Baked Apples (p. 731), or canned peaches; brown in oven, cool, and serve with Soft Custard (p. 532).

Apple Snow

3 egg whites ¾ cup apple pulp Powdered sugar

Pare, quarter, and core 4 sour apples, steam until soft, and rub through sieve; there should be ¾ cup apple pulp. Beat egg whites until stiff, add gradually apples sweetened to taste, and continue beating. Pile lightly on glass dish, chill, and serve with Soft Custard (p. 532).

Sautéed Pears with Chocolate Sauce

Pare 4 Bartlett pears, cut in fourths lengthwise, and fry (sauté) in butter until browned. Canned pears drained from sirup may be used in place of fresh fruit. Serve with Thin Chocolate Sauce (p. 591).

Bunuelos

Fry Swedish Timbales (p. 488), using a rosette iron. Serve with cooked fruit with or without whipped cream.

Strawberry Baskets

Fill Swedish Timbales (p. 488) or rosettes with selected strawberries sprinkled with powdered sugar.

Mont Blanc (with Chestnuts)

Mash 3 cups boiled French Chestnuts (p. 390), sweeten to taste with powdered sugar, and moisten with hot milk; cook 2 minutes. Rub through strainer, cool, flavor with vanilla or Maraschino. Pile in form of pyramid, cover with whipped cream, and garnish base with whipped cream forced through pastry bag and tube.

Peasant Girl with a Veil

2 cups dried crumbs (Graham or rye bread)
1 cup tart jam
½ cup heavy cream, beaten until stiff

Dry crumbs thoroughly in oven. Cool, mix with jam. Mold. Chill and serve covered with whipped cream.

Nut Brittle Whip

Add pounded and sifted peanut brittle to whipped cream. Pile in dessert glasses. Chill thoroughly.

Banana Whip

3 bananas
¾ cup sugar
¼ cup lemon juice
1 cup heavy cream, whipped

Peel and scrape bananas. Force through sieve. Cook with sugar and lemon juice to boiling point. Chill. Fold into cream.

Pineapple Delight

Marshmallows, cut in pieces with scissors
Whipped cream
Nut meats, chopped
Canned pineapple, cubed

Mix pineapple and marshmallows. Chill several hours. Top with cream to which nut meats have been added.

Sally's Dessert

¼ pound marshmallows, cut in small pieces with scissors
¼ pound peanut brittle, rolled finely with rolling pin
2 tablespoons orange juice
½ teaspoon grated orange rind
2 tablespoons powdered sugar
½ teaspoon vanilla
1 pint heavy cream, whipped

Mix ingredients and fold into whipped cream

Marshmallow Pudding à la Stanley

¼ cup Maraschino cherries
1 tablespoon cherry sirup
½ cup English walnut meats
½ pound marshmallows
1 cup whipping cream
2 tablespoons powdered sugar
½ teaspoon vanilla

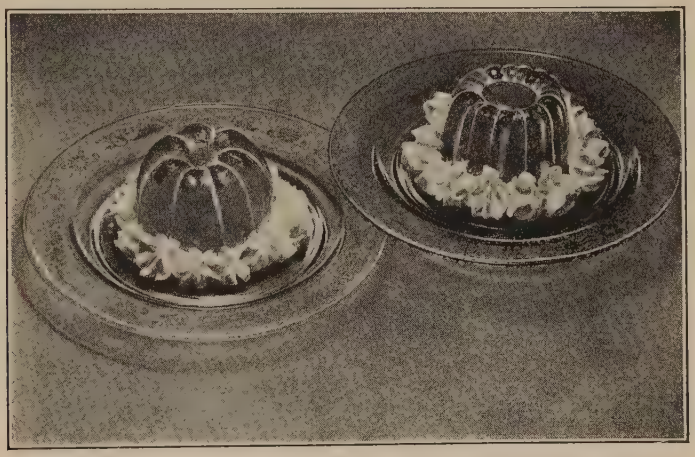
Cut cherries in pieces and add sirup. Cut walnut meats and marshmallows in small pieces. Whip cream, add sugar and vanilla, and fold

in remaining ingredients. Turn into mold and let stand until firm (about 2 hours). White grapes, strawberries, or pineapple cut in small pieces may be used in place of cherries. Other nut meats may be used in place of walnuts.

Lemon Jelly I

2 tablespoons granulated gelatine
½ cup cold water
2½ cups boiling water
1 cup sugar
½ cup lemon juice

Soak gelatine 5 minutes in cold water, dissolve in boiling water, strain, and add to sugar and lemon juice. Mold and chill.



LEMON JELLY IN INDIVIDUAL MOLDS GARNISHED AND DECORATED

Lemon Jelly II

1½ cups cold water
1 cup sugar
4 cloves
½-inch piece stick cinnamon
1 tablespoon granulated gelatine
2 tablespoons cold water
¼ cup lemon juice
Few grains salt

Put water, sugar, cloves, and cinnamon in saucepan, place on range, stir until sugar has dissolved, and bring to boiling point. Add gelatine which has soaked in cold water 5 minutes. Stir until gelatine dissolves; add lemon juice and salt. Strain into mold and chill.

Orange Jelly

2 tablespoons granulated gelatine
½ cup cold water
1½ cups boiling water
1 cup sugar
1½ cups orange juice
3 tablespoons lemon juice

Make like Lemon Jelly. If desired, serve in Orange Baskets (p. 129) and garnish with whipped cream.

Grapefruit Jelly

Make like Orange Jelly, using grapefruit juice. Omit lemon juice.

Pineapple Jelly

2 cups boiling water
½ cup sugar
1 cup pineapple juice, hot
3 tablespoons lemon juice
2 tablespoons granulated gelatine
2 tablespoons cold water
1½ cups pineapple, crushed or cubed

Pour water over sugar, and when sugar has dissolved, add gelatine soaked in cold water 5 minutes; then add pineapple juice and lemon juice. Strain. When mixture begins to thicken, add canned pineapple cut in half-inch cubes. If fresh pineapple is used, it must be heated to boiling point or jelly will not stiffen. Mold and chill thoroughly.

Coffee Jelly

2 tablespoons granulated gelatine
½ cup cold water
1 cup boiling water
⅓ cup sugar
2 cups boiled coffee

Make like Lemon Jelly.

Cider Jelly

2 tablespoons granulated gelatine
½ cup cold water
1 cup boiling water
2 cups cider
Sugar to taste

Make like Lemon Jelly.

Loganberry Jelly (Russian Jelly)

1 tablespoon granulated gelatine
¼ cup cold water
1 cup boiling water
⅔ cup sugar
½ cup loganberry juice
1½ tablespoons lemon juice
¼ cup orange juice

Make like Lemon Jelly, cool slightly, and beat until frothy and firm enough to mold. Mold and chill.

Wine Jelly

Use wine-flavored gelatine.

Fruit Molded in Jelly (for Large Mold)

4 tablespoons granulated gelatine
1 cup cold water
2 cups boiling water
1⅓ cups sugar
1⅓ cups peach sirup
⅔ cup orange juice
⅓ cup lemon juice
Few grains salt
½ can peaches
1 quart box strawberries
1 banana
⅔ cup seeded raisins

Soak gelatine in cold water, dissolve in boiling water, and add sugar, fruit juices, and salt. Brush over inside of a large fancy mold with olive oil, then wipe out with a piece of tissue paper. Put mold in pan of ice water and pour in just enough of mixture to cover top ornamentations. When firm, put in each ornament a strawberry, blossom end down; add mixture to cover strawberries and let stand until set. Cut banana in slices, crosswise, shape with small round cutter, and arrange a row around strawberry which is in center of mold. Add more jelly mixture to keep banana in place and let set. To remaining jelly mixture add peaches cut in pieces and raisins (cooked until plump in small quantity of boiling water, drained, and cooled). Fill mold with mixture and chill. Remove to serving dish and garnish with remaining strawberries with hulls left on.

Jellied Prunes

⅓ pound prunes
2 cups cold water
Boiling water
½ cup cold water
2½ tablespoons granulated gelatine
1 cup sugar
¼ cup lemon juice

Pick over, wash, and soak prunes for several hours in 2 cups cold water, and cook in same water until soft; remove prunes; stone, and cut in quarters. To prune water add enough boiling water to make 2 cups. Soak gelatine in half cup cold water, dissolve in hot liquid, add sugar, lemon juice, then strain. Fold in prunes as mixture begins to set. Mold and chill. Stir twice while cooling to prevent prunes from settling. Serve with sugar and cream or whipped cream.

Jellied Walnuts

1 tablespoon granulated gelatine
¼ cup cold water
⅓ cup boiling water
¾ cup sugar
½ cup sherry flavoring
½ cup orange juice
3 tablespoons lemon juice

Make like Lemon Jelly and cover bottom of shallow pan with half the mixture. When nearly firm, place over it, 1 inch apart, halves of English walnuts. Cover with remaining mixture. Chill and cut in squares. Serve with whipped cream.

Jellied Apricots (St. Regis Pudding)

¾ cup boiling water
¼ cup sugar
1 cup apricot sirup
2 tablespoons lemon juice
Few grains salt
1½ tablespoons granulated gelatine
¼ cup cold water
⅓ cup seedless raisins
¼ cup boiling water
⅔ cup canned apricots, cut in pieces

Boil water and sugar 1 minute. Add apricot sirup, lemon juice, salt, and gelatine soaked in cold water. Cook raisins in boiling water until raisins are plump. Add to jelly mixture with apricots cut in small pieces. Turn into mold, chill thoroughly, and serve with or without whipped cream.

Pudding à la Macédoine

Make any fruit jelly mixture. Place a mold in pan of ice water. Pour in mixture ½ inch deep; when firm, decorate with slices of banana from which radiate thin strips of figs (seed side down). Cover fruit with jelly, adding mixture carefully by spoonfuls. When firm, add more fruit and mixture; repeat until all is used, each time allowing mixture to stiffen before fruit is added. Oranges, bananas, dates, figs, English walnuts, etc. may be used. Serve with whipped cream.

Macédoine of Fruit

3 tablespoons granulated gelatine
½ cup cold water
1 cup boiling water
1¼ cups sugar
1¼ cups peach sirup
½ cup orange juice
2 tablespoons lemon juice
Few grains salt
Canned peaches
Stewed prunes
Blanched Jordan almonds
Glacéed cherries

Make like Fruit Molded in Jelly (p. 543).

Fruit Chartreuse

Make fruit jelly mixture. Place a mold in pan of ice water, pour in mixture ½ inch deep; when firm, decorate with candied cherries and Angelica; add by spoonfuls more mixture to cover fruit; when firm, place a smaller mold in center on jelly, and fill with ice water. Pour gradually remaining jelly mixture between molds; when firm, invert, to empty smaller mold of ice water; then pour in some tepid water; let stand a few seconds and remove small mold. Fill space thus made with fresh sweetened fruit, using shredded pineapple, sliced bananas, and strawberries. Invert carefully on serving dish.

Chocolate Pudding, Marshmallow Mint Sauce

1 quart milk
1½ squares unsweetened chocolate
⅓ cup sugar
½ teaspoon salt
2 tablespoons granulated gelatine, soaked in 3 tablespoons cold water

Scald milk with chocolate in double boiler and beat until smooth. Add sugar, salt, and soaked gelatine. As soon as gelatine dissolves, strain into mold. Chill. Serve with Marshmallow Mint Sauce (p. 597).

St. Valentine Pudding

½ cup pineapple cubes
Lemon Jelly (p. 541) or Pineapple Jelly (p. 542) or Loganberry Jelly (p. 542)
Red food color
1 cup cream
½ cup marrons
⅓ cup English walnut meats
½ pound marshmallows
2 tablespoons powdered sugar
Lemon juice
½ teaspoon vanilla

Color jelly mixture with red food color. Place a heart-shaped mold in pan containing ice water and pour in jelly mixture ½ inch deep. When firm place a smaller heart-shaped mold (containing ice water) on jelly, leaving a space of uniform width. Add jelly mixture a little at a time and cool between the additions, until space is full. When firm, remove smaller mold and fill space with the following mixture thoroughly chilled. Beat cream until stiff and add pineapple cubes, marrons broken in pieces, English walnut meats broken in pieces, marshmallows cut in strips, powdered sugar, lemon juice to taste, and vanilla. Let stand 1 hour. Remove from mold to serving dish and surround with pink Spun Sugar (p. 720).

Snow Pudding I

1 tablespoon granulated gelatine
¼ cup cold water
1 cup boiling water
1 cup sugar
¼ cup lemon juice
3 egg whites

Soak gelatine in cold water, dissolve in boiling water, add sugar and lemon juice, strain, and set aside in cool place; occasionally stir mixture, and when thick enough to hold mark of spoon, beat with wire spoon or whisk until frothy; add egg whites beaten stiff and continue beating until stiff enough to hold its shape. Mold, or pile by spoonfuls on dish; serve cold with Soft Custard (p. 532). A very attractive dish may be prepared by coloring half the mixture with red food color.

Snow Pudding II

4 egg whites, beaten until stiff
½ tablespoon granulated gelatine
3 tablespoons boiling water
¼ cup powdered sugar
½ teaspoon lemon extract

Dissolve gelatine in water, add to egg whites, beat until thoroughly mixed. Add sugar and flavoring. Pile lightly on dish. Serve with Soft Custard (p. 532).

Amber Pudding

Make like Snow Pudding I, using cider instead of boiling water, and ¼ cup boiling water to dissolve gelatine, omitting lemon juice. Sweeten to taste.

Cherry Moss

1 tablespoon granulated gelatine
¼ cup cold water
¼ cup boiling water
1½ cups dark red canned cherries
½ cup cherry juice
2 egg whites
Few grains salt

Soak gelatine in cold water, dissolve in boiling water, and add cherries (stoned and cut in halves) and cherry juice. When mixture begins to thicken, beat, and add salt and egg whites beaten until stiff. Turn into slightly oiled mold and chill. Remove from mold to serving dish and garnish with whipped cream. Sprinkle with Jordan almonds, blanched, shredded, and roasted, or chopped pistachio nut meats.

Mock Toasted Marshmallows

1 tablespoon granulated gelatine
1 cup boiling water
1 cup sugar
3 egg whites
1½ teaspoons vanilla
Macaroons

Dissolve gelatine in boiling water, add sugar, and as soon as dissolved set bowl containing mixture in pan of ice water; then add egg whites and vanilla and beat until mixture thickens. Turn into shallow pan, first dipped in cold water, and let stand until thoroughly chilled. Remove from pan and cut in pieces the size and shape of marshmallows; then roll in macaroons which have been dried and rolled. Serve with sugar and cream.

Grape Juice Sponge

2 tablespoons granulated gelatine
1 pint grape juice
4 egg whites, beaten stiff

Add gelatine to grape juice. Heat in double boiler until gelatine dissolves. Strain into bowl, sweeten to taste, and set bowl in ice water. When beginning to thicken beat until light and fold in egg whites.

Coffee Sponge

2 tablespoons granulated gelatine
¼ cup cold water
2 cups strong hot coffee
⅔ cup sugar
3 egg whites, beaten until stiff
Few grains salt

Soak gelatine in cold water and add to hot coffee; then add sugar and salt. Strain into bowl, set in pan of ice water. When beginning to thicken, beat until light and fold in egg whites. Mold, chill, and serve with sugar and thin cream.

Keswick Pudding

1 cup sugar
1 cup boiling water
3 egg yolks, slightly beaten
Few grains salt
1¼ tablespoons granulated gelatine
¼ cup cold water
3 egg whites, beaten until stiff
¼ cup lemon juice

Dissolve ¾ cup sugar in hot water and bring to boiling point. Add ¼ cup sugar and salt to egg yolks. Pour on gradually the boiling sirup and cook, stirring constantly, until mixture thickens. Add gelatine, soaked in cold water, and lemon juice. Strain, set in ice water, and stir until mixture begins to thicken. Fold in egg whites. Turn into mold, first dipped in cold water. Chill and garnish with whipped cream.

Spanish Cream

1 tablespoon granulated gelatine
3 cups milk
3 egg whites
3 egg yolks
½ cup sugar (scant)
¼ teaspoon salt
1 teaspoon vanilla or
3 tablespoons wine

Scald milk with gelatine, add sugar, pour slowly on egg yolks, slightly beaten. Return to double boiler and cook until mixture coats spoon, stirring constantly; remove from range, add salt, flavoring, and egg whites, beaten stiff. Turn into individual molds, first dipped in cold water, chill, and serve with cream. More gelatine will be required if large molds are used.

Coffee Spanish Cream (Coffee Soufflé)

1½ cups coffee infusion
½ cup milk
⅔ cup sugar
¼ teaspoon salt
3 eggs
½ teaspoon vanilla
1 tablespoon granulated gelatine

Mix coffee infusion, milk, half the sugar and gelatine, and heat in double boiler. Add to remaining sugar, salt, and egg yolks slightly beaten; cook until mixture coats spoon, stirring constantly; remove from range, add egg white beaten until stiff, and vanilla. Mold, chill, and serve with cream.

Macaroon Cream

1 tablespoon granulated gelatine
¼ cup cold water
2 cups scalded milk
3 egg yolks
⅓ cup sugar
⅛ teaspoon salt
⅔ cup macaroons, dried and rolled
1 teaspoon vanilla
3 egg whites

Soak gelatine in cold water. Make custard of milk, egg yolks, sugar, and salt; add gelatine and strain into bowl set in ice water. Add macaroons and flavoring, stirring until it begins to thicken; then add egg whites beaten stiff. Mold, chill, and serve garnished with macaroons.

Chocolate Macaroon Cream (French Macaroon Cream)

Make same as Macaroon Cream, adding 1 square unsweetened chocolate to milk before scalding.

Cold Cabinet Pudding

1 tablespoon granulated gelatine
¼ cup cold water
2 cups scalded milk
3 egg yolks
6 macaroons
⅓ cup sugar
⅛ teaspoon salt
1 teaspoon vanilla
3 egg whites
5 lady fingers

Soak gelatine in cold water and add to custard made of milk, egg yolks, sugar, salt; strain, cool slightly, and flavor. Add egg whites beaten stiff but not dry. Place a mold in pan of ice water, pour in layer of mixture; when firm, add layer of lady fingers, soaked in custard, then layer of macaroons soaked in custard; repeat, care being taken that each layer is firm before another is added. Garnish with candied cherries and angelica. Serve with whipped cream. Egg whites may be omitted.

Peach Cabinet Pudding

1 can peaches
⅓ cup powdered sugar
2 cups milk
3 egg yolks
¼ cup sugar
⅛ teaspoon salt
1½ tablespoons granulated gelatine
2 tablespoons cold water

Drain peaches, cut in quarters, and sprinkle with powdered sugar. Make a custard of milk, egg yolks, sugar, and salt, and just before removing from fire add gelatine soaked in cold water. Strain, flavor with sherry flavoring, lemon juice, or vanilla. Stir until mixture begins to thicken, then add egg whites beaten stiff. Line a mold with peaches, pour in custard, and chill.

Bavarian Cream I

1¼ cups milk
2 egg yolks
2 tablespoons sugar
Few grains salt
1¼ tablespoons granulated gelatine
¼ cup cold water
½ pint cream
3 tablespoons powdered sugar
¾ teaspoon vanilla
2 egg whites
Sponge cake

Scald milk and add gradually to egg yolks, slightly beaten and mixed with sugar and salt. Cook over hot water, stirring constantly, until mixture thickens, then add gelatine, soaked in cold water. Strain and add egg whites, beaten until stiff. Set bowl in pan of ice water and stir, scraping from bottom and sides of pan, until mixture begins to

thicken. Add cream, beaten until stiff and mixed with powdered sugar and vanilla. Line round paper cases with strips of sponge cake, using muffin rings to keep cases in shape. Fill with cream and chill. Remove from cases and garnish tops with 4 narrow strips of cake, radiating from center, and garnish center with a cube of jelly.

Bavarian Cream II (Quick)

½ lemon, grated rind and juice
½ cup orange juice or wine
⅓ cup sugar
2 eggs
1 teaspoon granulated gelatine
1 tablespoon cold water

Mix lemon, orange juice, sugar, and egg yolks; stir vigorously over fire until mixture thickens, add gelatine soaked in water, then pour over egg whites beaten stiff. Set in pan of ice water and beat until thick enough to hold its shape. Turn into a mold lined with lady fingers and chill.

Pineapple Bavarian Cream

3 egg yolks
Grated rind 1 lemon
Juice 1 lemon
½ cup sugar
Few grains salt
⅔ cup canned, sliced pineapple
½ cup pineapple sirup
1 tablespoon granulated gelatine, soaked in
⅓ cup cold water
½ cup cream
3 egg whites

Beat egg yolks slightly and add grated rind, lemon juice, pineapple sirup, sugar, and salt. Cook over hot water, stirring constantly until mixture thickens. Remove from range and add soaked gelatine and pineapple. Chill until mixture begins to thicken, add cream, beaten until stiff, and egg whites, beaten until stiff. Turn into a mold, garnished with pieces of canned, sliced pineapple and candied cherries, and chill thoroughly. Remove from mold to chilled serving dish and garnish with half slices of canned pineapple and candied cherries. They may be omitted if a simpler dessert is desired.

Charlotte Russe

¾ tablespoon granulated gelatine
¼ cup cold water
⅓ cup scalded milk
⅓ cup powdered sugar
½ pint cream, beaten until stiff
1½ teaspoons vanilla
6 lady fingers

CHARLOTTE RUSSE MADE IN LARGE OVAL MOLD

Soak gelatine in cold water, dissolve in scalded milk, strain into a bowl, and add sugar and vanilla. Set bowl in pan of ice water and stir mixture constantly until it begins to thicken, then beat until fluffy and beat in ⅓ of cream. Fold in remaining cream. Mold and chill. Turn on serving dish and garnish with lady fingers and whipped cream. Charlotte Russe may be made in individual molds. Garnish top with some of mixture forced through a pastry bag and tube.

Banana Charlotte

2 tablespoons granulated gelatine
½ cup cold water
2 egg whites
¼ cup powdered sugar
¾ cup scalded milk
⅔ cup sugar
4 bananas, mashed pulp
1 tablespoon lemon juice
½ pint cream, beaten until stiff
12 lady fingers

Soak gelatine in cold water, beat egg whites slightly, add powdered sugar, and gradually hot milk, cook over hot water until mixture coats spoon; add soaked gelatine and remaining sugar, strain into a bowl set in ice water, add bananas and lemon juice, stir until it begins to thicken, then fold in cream. Line a melon mold with lady fingers trimmed to fit sections of mold, turn in mixture, spread evenly, and chill.

Caramel Charlotte

1 tablespoon granulated gelatine
¼ cup cold water
½ cup scalded milk
⅓ cup sugar, caramelized
¼ cup powdered sugar
1½ teaspoons vanilla
½ pint cream
6 lady fingers

Make like Charlotte Russe, adding caramelized sugar to scalded milk before adding into gelatine mixture.

Burnt Almond Charlotte

Add ½ cup blanched and finely chopped almonds to Caramel Charlotte, before folding in cream.

Chocolate Charlotte

1 tablespoon granulated gelatine
¼ cup cold water
⅓ cup scalded milk
1½ squares unsweetened chocolate
3 tablespoons hot water
⅔ cup powdered sugar
½ pint cream
1 teaspoon vanilla
6 lady fingers

Melt chocolate over hot water, add half the sugar, dilute with boiling water, and add to gelatine mixture while hot. Proceed as in recipe for Charlotte Russe (p. 550).

Crème aux Fruits

1 tablespoon granulated gelatine
¼ cup cold water
¼ cup scalded milk
½ cup sugar
2 egg whites
½ pint cream, beaten stiff
⅓ cup cooked prunes, cut in pieces
⅓ cup chopped figs

Soak gelatine in cold water, dissolve in scalded milk, and add sugar. Strain into bowl set in ice water, stir constantly, and when mixture begins to thicken, add egg whites beaten stiff, cream, prunes, and figs. Mold and chill.

Fruit Charlotte

4 bananas, peeled, mashed, and rubbed through sieve
2 oranges
1 tablespoon lemon juice
⅔ cup powdered sugar
1¼ tablespoons granulated gelatine, soaked in
¼ cup cold water
½ pint heavy cream

Add pulp and juice of oranges to banana pulp. Add lemon juice, sugar, and gelatine dissolved over boiling water. Cool, stirring constantly, and fold in cream, beaten stiff.

Grape Juice Charlotte

Grape Juice Sponge (p. 547) ¾ cup heavy cream

Half fill individual molds (first dipped in cold water) with ⅔ of the sponge. To remainder add cream, beaten until stiff. Fill molds with cream mixture and chill. Remove from molds to serving dish and garnish with whipped cream.

Maple Charlotte

1 tablespoon gelatine
¼ cup cold water
¾ cup hot maple sirup
2 cups heavy cream, whipped

Soak gelatine 5 minutes in water, add to sirup, and stir until dissolved. Cool, fold in cream. Fill wet mold or paper cups lined with lady fingers. Chill thoroughly.

Orange Charlotte I (Orange Trifle)

2 tablespoons granulated gelatine
½ cup cold water
½ cup boiling water
1 cup sugar
1 cup orange juice
Grated rind 1 orange
1 tablespoon lemon juice
½ pint cream

Make like Charlotte Russe and mold; or make orange jelly, color with red food coloring, and cover bottom of mold ½ inch deep; chill and when firm, fill mold with Orange Charlotte mixture. Cool remaining jelly in shallow pan, cut in cubes, and garnish base of mold.

Orange Charlotte II

1⅓ tablespoons granulated gelatine
⅓ cup cold water
⅓ cup boiling water
1 cup sugar
3 tablespoons lemon juice
1 cup orange juice and pulp
3 egg whites
½ pint cream

Soak gelatine in cold water, dissolve in boiling water, strain, and add sugar, lemon juice, orange juice, and pulp. Chill in pan of ice water; when quite thick, beat with wire spoon or whisk until frothy, then add egg whites beaten stiff and fold in whipped cream. Line a mold with sections of oranges, turn in mixture, smooth evenly, and chill.

Pineapple Charlotte I

2 tablespoons granulated gelatine, soaked in
½ cup cold water
½ cup sugar
1 tablespoon lemon juice
½ pint cream
2 cups crushed pineapple

Heat pineapple, add sugar, lemon juice, and gelatine. Chill in pan of ice water; when it begins to thicken fold in cream, beaten stiff, mold and chill.

Pineapple Charlotte II

1 cup crushed pineapple
½ cup pineapple juice
1 tablespoon lemon juice
2 tablespoons sugar
1 glass red Bar-le-duc currants
Few grains salt
1½ tablespoons granulated gelatine, soaked in
¼ cup cold water
½ pint cream

Drain pineapple. Add fruit juices, sugar, salt, and gelatine. Heat mixture until gelatine dissolves. Remove from range, set in pan of cold water, and when mixture begins to thicken, fold in cream beaten until stiff, and currants. Turn into a slightly oiled mold and chill thoroughly.

Strawberry Charlotte I

1½ tablespoons granulated gelatine
¼ cup cold water
⅓ cup boiling water
1 cup sirup, drained from canned strawberries
Powdered sugar
¾ cup cream
Pink coloring

Soak gelatine in cold water and dissolve in boiling water. Add fruit juice and sugar, if not sweet enough; then color. Set bowl containing mixture in pan of ice water and stir until mixture begins to thicken; then cut and fold in cream beaten until stiff. Mold and chill. Fresh berry juice may be used.

Strawberry Charlotte II

1⅓ tablespoons granulated gelatine
⅓ cup cold water
⅓ cup boiling water
1 cup sugar
1 tablespoon lemon juice
1 cup strawberry juice
3 egg whites
½ pint cream

Make like Orange Charlotte II (p. 553).

Jelly Panaché

Cut Jelly Roll (p. 666) in ½-inch slices. Line a charlotte russe mold with slices and fill with Strawberry Charlotte I or II (p. 554).

Royal Diplomatic Pudding

Place mold in pan of ice water and pour in any fruit jelly ½ inch deep. When firm, decorate with candied cherries and Angelica, proceed as for Fruit Chartreuse (p. 545), filling the center with Charlotte Russe (p. 550) mixture or Fruit Charlotte (p. 552).

Coffee Charlotte Baskets

Bake Sponge Cake (p. 665, 666) mixture in buttered gem pans. Cool, remove centers, and fill with Coffee Cream (p. 690). Garnish tops with whipped cream and insert strips of Angelica to represent handles.

Chocolate Ice-Box Pudding

2 eggs
½ cup sugar
1 square chocolate
1 teaspoon gelatine
3 tablespoons cold water
3 tablespoons boiling water
¼ teaspoon vanilla
Lady fingers

Beat egg yolks until thick and lemon-colored, add chocolate melted over water, and gelatine soaked in cold water and dissolved in boiling water. Fold in egg whites, beaten until stiff. Flavor. Line mold with lady fingers, pour in mixture, and chill in refrigerator 24 hours. Or arrange lady fingers and chocolate mixture in layers.

Lemon Ice-Box Pudding

1 cup milk
1 tablespoon butter
1 teaspoon cornstarch
½ cup sugar
3 egg yolks
Juice 1 lemon
3 egg whites, beaten until stiff
Lady fingers

Make custard of first 5 ingredients. Chill, add lemon juice and egg whites. Line mold with lady fingers, pour in mixture, and chill in refrigerator 24 hours. Or arrange lady fingers and lemon mixture in layers.

Date Marshmallow Roll

1½ cups Graham cracker crumbs
1 cup dates, cut in eighths with wet scissors
1 tablespoon orange juice
⅛ teaspoon salt
6 marshmallows, cut in pieces with scissors
¼ cup nut meats, chopped
½ cup cream, whipped

Pour orange juice over dates; add salt. Fold dates, nuts, and marshmallows into cream. Fold in crumbs, reserving about 1 tablespoon. Sprinkle unused crumbs on a sheet of heavy wax paper or wrapping paper brushed with melted butter. Turn date mixture onto paper and shape into long roll about 3 inches in diameter. Roll in the paper and place in refrigerator for at least 12 hours. Cut into ½-inch slices and serve with whipped cream.

Chocolate Roll

5 egg yolks
1 cup powdered sugar
3 tablespoons cocoa
5 egg whites
Whipped cream
Thin Chocolate Sauce (p. 591)

Beat yolks until thick, add sugar, and beat thoroughly. Add cocoa, fold in stiffly beaten whites. Spread in buttered and floured dripping pan and bake about 10 minutes in moderate oven (350° F.). Turn out on floured cloth. Cover with damp cloth. When cool, spread with whipped cream and roll. Serve with Chocolate Sauce.

Almond Tart

4 eggs
1 cup powdered sugar
⅓ cup grated chocolate
½ cup Jordan almonds, blanched and finely chopped
1 teaspoon baking powder
¾ cup cracker dust

Beat egg yolks until thick and lemon-colored; add sugar gradually, then fold in egg whites beaten until stiff and dry. Add chocolate, almonds, baking powder, and cracker dust. Bake in buttered round pan or individual tins. Cool, split, and put whipped cream, sweetened and flavored, between and on top. Garnish with Angelica and candied cherries.

Date and Nut Torte

4 egg yolks, beaten slightly
1 cup sugar
¼ cup cracker crumbs
1 teaspoon baking powder
½ cup walnuts, cut in small pieces
1 cup pitted dates
4 egg whites, beaten stiff

DATE AND NUT TORTE

Mix in order given. Blend thoroughly, folding in egg whites last. Bake 30 minutes in slow oven (300° F.).

Bangor Pudding

1⅓ cups cracker crumbs
1 cup boiling water
2 cups milk
⅓ cup molasses
1 egg, slightly beaten
1 cup seeded raisins, cut in pieces

Moisten cracker crumbs with boiling water and let stand until cool. Add milk, molasses, egg, and raisins. Steam (p. 521) 8 hours. Let stand in mold to cool. Serve cold with Cream Sauce II.

ADDITIONAL RECIPES FOR COLD DESSERTS

See Chapters on:
First Courses (Fruit Cocktails, p. 127)
Salads (Fruit Salads, p. 432)
Frozen Desserts (p. 558)
Pies (p. 607)
Pastry Desserts (p. 621)
Cookies (p. 634)
Loaf and Layer Cakes (p. 663)
Fruits (p. 731)

CHAPTER 34

FROZEN DESSERTS

FREEZING IN AN ICE-CREAM FREEZER

FREEZING EQUIPMENT

Have ready proper equipment which includes:

Freezer. Select one of good quality which will pack and drain easily.

Ice shaver and tub *or* **wooden mallet and canvas bag.**

Scoop or large measure for measuring ice and salt.

Heavy cloth or **newspaper** to cover freezer after freezing is completed.

Coarse rock salt.

Ice or Snow.

Crush ice with shaver or with mallet in canvas bag, until pieces are about size of rock salt. Measure. Prepare three parts ice to one of salt for Ice Creams, Water Ices, and Sherbets. Prepare equal parts ice and salt for Mousses (frozen without stirring) and Frappés.

Have can and mixture to be frozen, very cold. Place can in tub, put

in dasher, fill can two-thirds full of mixture (to allow for expansion during freezing), cover and adjust top and crank. Turn once or twice to be sure all is in place.

Fill tub one-third full of crushed ice. Put in remaining ice and salt in alternate layers to top of can. Pack solidly, forcing down with mallet handle. If small quantity is being frozen, pack only slightly above level of mixture in can. If snow is used and is not quickly acted upon by salt, pour in 1 cup water.

Let stand five minutes, then begin turning crank slowly and steadily to insure smooth fine-grained cream. After frozen to a mush (five to ten minutes), turn crank more rapidly until it turns with difficulty, showing that mixture is frozen solid. Add more ice and salt if necessary, using same proportions.

If ice cream is granular, too much salt was used in freezing, the can was too full, or the crank was turned too rapidly.

TO PACK ICE CREAM

Draw off water, remove dasher, and pack mixture solidly with spoon. Put cork in opening of cover or put on solid cover. Repack freezer, using four parts ice to one salt. Cover with newspapers or heavy cloth or carpet. Let stand at least thirty minutes before serving, two hours if possible.

FREEZING IN MECHANICAL REFRIGERATOR

Consult booklets issued by manufacturers for information about using each make of refrigerator.

Be sure the temperature of the refrigerator is sufficiently low for freezing desserts. The motor may be set correctly for proper refrigeration and yet not low enough for freezing. A temperature-control feature allows temporary adjustment.

Mousses, parfaits, and all desserts which merely require packing in salt and ice can be made in mechanical refrigerators without stirring.

Recipes which require continuous stirring, as ice creams and sherbets, must be adapted to be successfully made in refrigerator. For some refrigerators, the proportion of sugar to liquid must be kept low — not more than one to four. Corn sirup may be substituted for one-third of the sugar. A small amount of gelatine — one level teaspoon to each cup of liquid — helps the mixture to freeze more smoothly.

Beaten egg whites help make the mixture light. Cream should be beaten until stiff before being added.

To Mold Frozen Mixtures. If frozen mixtures are to be bricked or molded, avoid freezing too hard. Pack mixture solidly in molds and cover with buttered paper, buttered side up. Have molds so well filled that mixture is forced down sides of mold when cover is pressed down. Repack in salt and ice, using four parts ice to one part salt. If these directions are carefully followed, salt water will not enter cream, even though molds be immersed in salt water.

To Serve Ice Cream. Serve from can with ice-cream scoop or wipe can carefully and let stand one minute in cool water, remove cover, run knife around edge of cream, and invert on serving dish. If frozen mixture does not slip out easily, wipe can with cloth wrung out of hot water.

For special ways of serving, see p. 581 to 584.

ICES, SHERBETS, AND FRAPPÉS

Ices, sherbets, and frappés are generally made of fruit juices sweetened and combined with water, milk, or cream. Ices and sherbets are frozen until firm, using three parts ice to one part salt. Frappés (or sorbets) are frozen to a mush, using equal parts ice and salt. The following recipes may be used either way.

Frozen Apricots or Peaches

1 can apricots or peaches 1½ cups sugar Water

Drain apricots or peaches and cut in small pieces. To the sirup add enough water to make 4 cups and cook with sugar 5 minutes; strain, add apricots, cool, and freeze (p. 558). To make a richer dessert, add 1 cup whipped cream, when frozen to a mush, and continue freezing.

Café Frappé

4 cups fresh, hot coffee 1 cup sugar

Add sugar to coffee, cool, and freeze (p. 558). Serve in frappé glasses, with whipped cream.

Cantaloupe Ice

2 cups melon pulp and juice 1½ cups water
3 tablespoons lemon juice ¾ cup sugar

Boil sugar and water 5 minutes. Add lemon juice and melon forced through purée strainer. Freeze (p. 558).

Canton Sherbet

4 cups water
1 cup sugar
¼ pound Canton ginger
½ cup orange juice
⅓ cup lemon juice

Cut ginger in small pieces, add water and sugar, boil 5 minutes; add fruit juice, cool, strain, and freeze (p. 558).

Citrus Sherbet

2 cups water
1 cup sugar
Few gratings orange rind
4 egg yolks
1 tablespoon granulated gelatine
3 tablespoons cold water
1½ cups orange juice
1½ cups grapefruit juice
1 tablespoon lemon juice

Put water, sugar, and grated rind in sauce pan, bring to boiling point, add egg yolks slightly beaten, and boil 1 minute. Remove from range and add gelatine soaked in cold water. Strain, cool, add fruit juices, and freeze (p. 558).

Grape Frappé

4 cups water
2 cups sugar
2 cups grape juice
⅔ cup orange juice
¼ cup lemon juice

Boil sugar and water 5 minutes. Add fruit juices, cool, and freeze (p. 558).

Grape Fruit Frappé

1 quart water
2½ cups sugar
Rind ½ orange
Rind ½ lemon
2½ cups grapefruit juice
⅔ cup orange juice
3 tablespoons lemon juice
½ cup non-alcoholic Fruit Cordial

Put water, sugar, and the cuttings from the yellow part of the rind in saucepan. Bring to boiling point and boil 5 minutes. Strain, cool, and add remaining ingredients. Freeze (p. 558) to a mush and serve in tall glasses.

Italian Sorbet

4 cups water
2 cups sugar
1½ cups grapefruit juice
½ cup lemon juice
1½ cups orange juice

Boil sugar and water 5 minutes, add fruit juices, cool, and freeze (p. 558).

Lemon Ice I

4 cups water 2 cups sugar ¾ cup lemon juice

Boil water and sugar 5 minutes; add lemon juice. Cool, strain, and freeze (p. 558).

Lemon Ice II

½ cup cut sugar 1 cup hot water
4 lemons 2 cups cold water
¾ cup granulated sugar

Rub entire surface of cut sugar over rind of lemons, which have been washed and wiped until dry. Pour over sugar ½ cup lemon juice and hot water. When sugar is dissolved, add cold water and granulated sugar. Strain and freeze (p. 558).

London Sherbet

2 cups sugar
2 cups water
⅛ cup seeded and finely cut raisins
¾ cup orange juice
3 tablespoons lemon juice
1 cup fruit sirup from any canned fruits
¼ grated nutmeg
3 egg whites

Boil water and sugar 5 minutes; pour over raisins, cool, and add fruit sirup and nutmeg; freeze to a mush (p. 558), then add egg whites beaten stiff, and continue freezing. Serve in glasses.

Orange Ice

4 cups water 2 cups sugar
Grated rind of 2 oranges 2 cups orange juice
¼ cup lemon juice

Boil sugar and water 5 minutes. Add fruit juice and rind. Cool, strain, and freeze (p. 558).

Maraschino Ice

Prepare Orange Ice mixture, freeze (p. 558) to a mush, flavor with Maraschino sirup, and finish freezing.

Pineapple Frappé

2 cups water
1 cup sugar
2 cups ice water
2 cups crushed or shredded pineapple
Juice 3 lemons

Boil water and sugar 5 minutes. Add pineapple and lemon juice; cool, strain, add ice water, and freeze (p. 558) to a mush, using equal parts ice and salt. If fresh fruit is used, more sugar will be required.

Pineapple Marquise

1 cup sugar
1 cup water
1 cup pineapple juice
Juice ½ lemon
Few grains salt
½ pint heavy cream
½ cup pineapple purée
2 tablespoons powdered sugar
½ teaspoon vanilla

Boil sugar and water 5 minutes, add fruit juice, salt, and cream. Freeze (p. 558), using equal parts ice and salt. Just before serving add remaining ingredients. To obtain pineapple purée, force canned crushed pineapple through purée strainer.

Raspberry Ice I

4 cups water
1⅔ cups sugar
2 cups raspberry juice
2 tablespoons lemon juice

Boil sugar and water 5 minutes, cool, add raspberries mashed and squeezed through double cheesecloth, and lemon juice. Strain and freeze (p. 558).

Raspberry Ice II

1 quart raspberries
1 cup sugar
1 cup water
Lemon juice

Sprinkle raspberries with sugar, cover, and let stand 2 hours. Mash, squeeze through cheesecloth, add water and lemon juice to taste, then freeze (p. 558). Raspberry ice prepared in this way retains the natural color of the fruit.

Raspberry Ice III

2 cups raspberry juice
2 cups water
Sugar
Lemon juice

To juice drained from canned raspberries add water; then add sugar to sweeten and lemon juice to taste. Freeze (p. 558), pack in salt and ice, and let stand 1 hour.

Raspberry and Currant Ice

4 cups water
1⅓ cups sugar
⅔ cup raspberry juice
1⅓ cups currant juice

Boil sugar and water 5 minutes. Add fruit juices, cool, and freeze (p. 558).

Sicilian Sorbet

1 can peaches
1 cup sugar
2 cups orange juice
2 tablespoons lemon juice

Press peaches through a sieve, add sugar and fruit juices. Freeze (p. 558) to a mush, using equal parts ice and salt.

Strawberry Ice I

4 cups water
1½ cups sugar
2 cups strawberry juice
1 tablespoon lemon juice

Boil sugar and water 5 minutes. Add fruit juices, cool, and freeze (p. 558).

Strawberry Ice II

1 quart box strawberries
1 cup sugar
1 cup water
Lemon juice

Prepare and freeze like Raspberry Ice II (p. 563).

Apricot Sorbet

1 can apricots
1 cup sugar
1 cup top milk
½ cup water
¼ cup lemon juice
½ pint cream, whipped

Drain apricots and add to sirup the pulp rubbed through a sieve. Add sugar, milk, and lemon juice. Freeze (p. 558) to mush, then fold in cream. Let stand ½ hour, and serve in glasses.

Frozen Chocolate with Whipped Cream

3 squares unsweetened chocolate
1 cup sugar
Few grains salt
1½ teaspoons vanilla
1 quart milk

Scald milk with chocolate and add sugar and salt. Cool, add vanilla, freeze (p. 558), and serve in glasses. Garnish with whipped cream.

Milk Sherbet

1 quart milk
Few grains salt
Juice 3 lemons or 2 oranges and 2 lemons
1½ cups sugar

Mix juice and sugar. Add gradually to milk. (Curdled look will disappear in freezing.) Freeze (p. 558).

Lemon Cream Sherbet

1½ cups sugar
¾ cup lemon juice
3 cups milk
½ pint cream
Few grains salt

Mix sugar, lemon juice, and salt, and add gradually to milk and cream. Freeze (p. 558).

Orange Cream Sherbet I

1¼ cups sugar
1½ cups orange juice
2 cups milk
½ pint cream
Few grains salt

Mix sugar, orange juice, and salt and add gradually to milk and cream. Freeze (p. 558).

Orange Cream Sherbet II

2 cups boiling water
1½ cups sugar
Grated rind 2 oranges
1 cup lemon juice
1½ cups orange juice
1 pint heavy cream
½ cup sugar
2 eggs
Few grains salt

Dissolve sugar in boiling water, add orange rind, lemon juice, and orange juice. Freeze to mush (p. 558). Beat cream until stiff and add sugar and salt. Beat egg yolks until thick and lemon-colored and whites until stiff, and add to cream. Turn into frozen mixture and continue the freezing.

Pineapple Cream

2 cups water
1 cup sugar
2 cups crushed pineapple
2 cups cream

Boil sugar and water 5 minutes; strain, cool, add pineapple, and freeze (p. 558) to a mush. Fold in whipped cream; let stand 30 minutes before serving. Serve in frappé glasses and garnish with candied pineapple.

ICE CREAMS

Ice creams are frozen desserts made of cream, sweetened and flavored, with or without a custard base or other thickening. To freeze, see p. 558.

Philadelphia Ice Cream has no thickening.

French Ice Cream is made with egg yolks as thickening.

Ice creams may be served plain or in ways suggested, p. 581 to p. 584.

Vanilla Ice Cream I (Philadelphia)

1 quart thin cream
1½ tablespoons vanilla
¾ cup sugar
Few grains salt

Mix ingredients and freeze (p. 558).

Vanilla Ice Cream II (Custard)

2 cups scalded milk
1 tablespoon flour
1 cup sugar
1 egg or 2 egg yolks, slightly beaten
¼ teaspoon salt
1 tablespoon vanilla
1 quart thin cream or half milk and half heavy cream

Mix flour, sugar, and salt, add egg slightly beaten, and milk gradually; cook over hot water 10 minutes, stirring constantly at first; should custard have curdled appearance, it will disappear in freezing. When cool, add cream and flavoring. Strain and freeze (p. 558).

Vanilla Ice Cream III (French)

2 cups scalded milk
2 to 6 egg yolks, slightly beaten
½ cup sugar
⅛ teaspoon salt
1 cup cream, light or heavy
1 tablespoon vanilla

Mix sugar, salt, and egg yolks. Pour on milk. Cook in double boiler until mixture coats spoon. Cool, strain, add cream and vanilla, and freeze (p. 558).

Vanilla Ice Cream IV (Junket)

3 cups *lukewarm* milk 1 cup heavy cream	or	2 cups *lukewarm* milk 2 cups thin cream
¾ cup sugar		1 junket tablet
⅛ teaspoon salt		1 tablespoon cold water
1 tablespoon vanilla		

Mix first 4 ingredients, add junket tablet dissolved in cold water. Let stand until set. Add flavoring and freeze (p. 558).

Vanilla Ice Cream V (Gelatine)

3 cups thin cream	1 cup hot, scalded milk
¾ tablespoon gelatine, soaked in	¾ cup sugar
¼ cup cold water	Few grains salt
	1 tablespoon vanilla

Dissolve gelatine in milk. Add to other ingredients and freeze (p. 558).

Vanilla Ice Cream VI (For Mechanical Refrigerator)

3 cups milk	Few grains salt
2 teaspoons gelatine	2 egg yolks
1 cup sugar or ⅔ cup sugar and 6 tablespoons corn sirup	2 egg whites
	1 cup whipping cream
2 teaspoons flour	1 tablespoon vanilla

Scald milk with gelatine. Stir until gelatine dissolves. Mix sugar, flour, and salt. Add to milk and stir until thickened. Cover and cook 10 minutes. Beat egg yolks slightly. Add a portion of the hot milk, return to double boiler, and cook 1 minute. Strain into refrigerator pan, chill, then beat until very light. Beat egg whites until stiff. Beat cream until stiff. Fold cream and egg whites into first mixture. Add vanilla. Freeze in tray of mechanical refrigerator, beating thoroughly after 1 hour. Less milk and more cream may be used, if desired.

Apricot Ice Cream

1 can apricots	¼ cup lemon juice
1½ cups orange juice	Few grains salt
Sugar (about 1 cup)	1 quart cream

Drain apricots and force fruit through a purée strainer. To sirup add fruit juices and salt, and sweeten to taste; then add apricot purée and cream. Freeze (p. 558).

Banana Ice Cream

1 quart Vanilla Ice Cream
4 bananas
1 1/3 tablespoons lemon juice
Few grains salt

Skin bananas, scrape, and force through sieve. Add to any Vanilla Ice Cream mixture, omitting vanilla and flavoring with lemon juice. Freeze (p. 558).

Bisque Ice Cream

Add to any Vanilla Ice Cream mixture 1 cup finely chopped nut meats.

Brown Bread Ice Cream

Soak 1 1/4 cups dried brown bread crumbs in 1 quart thin cream, let stand 15 minutes, strain, and proceed as for Vanilla Ice Cream I (p. 566).

Burnt Almond Ice Cream

Add 1 cup finely chopped blanched and toasted almonds to Caramel Ice Cream.

Burnt Walnut Bisque

2 cups scalded milk
3 egg yolks
1/3 cup sugar
3/4 tablespoon vanilla
1 cup Nut Brittle made with walnuts (p. 721)
1 cup heavy cream
Few grains salt

Make custard of milk, eggs, sugar, and salt. Add brittle, cool, then add cream beaten until stiff, and vanilla. Freeze (p. 558) and mold.

Butterscotch Ice Cream

Use brown sugar in Vanilla Ice Cream II, III, or IV. Cook sugar with 2 tablespoons butter until melted, boil 1 minute and add to hot milk.

Caramel Ice Cream

Follow recipe for Vanilla Ice Cream II, III, or IV, but caramelize half the sugar and add it slowly to hot mixture.

Chocolate Ice Cream I

Melt 1 1/2 squares unsweetened chocolate over hot water, add 2/3 cup hot water gradually, and add to Vanilla Ice Cream I mixture. Freeze (p. 558).

Chocolate Ice Cream II

Heat 2 squares unsweetened chocolate and ¼ cup sugar with milk in making Vanilla Ice Cream II, III, IV, V, or VI. Omit ¼ cup sugar called for in recipe. Add ¼ teaspoon cinnamon if desired.

Chocolate Ice Cream III

1¼ cups sugar
1 tablespoon flour
¼ teaspoon salt
2 eggs, slightly beaten
2 cups milk
2 squares chocolate
2 cups cream
1 tablespoon vanilla

Scald milk with chocolate. Mix sugar, flour, and salt and add eggs. Combine mixtures and cook over hot water until thickened. Cool, add cream and vanilla. Strain and freeze (p. 558).

Chestnut Ice Cream

3 cups milk
1½ cups sugar
5 egg yolks
½ teaspoon salt
¼ cup pineapple sirup
1 pint thin cream
1½ cups Boiled Chestnuts (p. 390)

Make custard of first 4 ingredients. Cool, add cream, pineapple sirup, and chestnuts (forced through sieve). Freeze (p. 558).

Coffee Ice Cream I

Use Vanilla Ice Cream II, III, IV, V, or VI, scalding ⅓ cup ground coffee with milk and straining before adding anything else.

Coffee Ice Cream II

1 cup milk
¼ cup Mocha coffee
3 egg yolks
⅛ teaspoon salt
1 cup sugar
3 cups thin cream

Scald milk with coffee, and add half the sugar; without straining, use this mixture for making custard, with eggs, salt, and remaining sugar; add 1 cup cream and let stand 30 minutes; cool, strain through double cheesecloth, add remaining cream, and freeze (p. 558).

Coffee Caramel Ice Cream

1 cup milk
2 tablespoons ground coffee
½ cup caramelized sugar
3 egg yolks, slightly beaten
½ cup sugar
¼ teaspoon salt
2 cups cream
1 teaspoon vanilla

Scald milk with coffee and add caramelized sugar and egg yolks, mixed with salt and sugar. Cook until mixture thickens, stirring constantly. Strain and cool. Add cream and vanilla and freeze (p. 558).

Coffee Chocolate Ice Cream

Scald ⅓ cup ground coffee with milk in recipe for Chocolate Ice Cream II or III (p. 569). Strain.

Date and Ginger Ice Cream

2 cups milk
3 eggs, slightly beaten
½ cup sugar
¼ teaspoon salt
1 cup cream, beaten stiff
2 teaspoons vanilla
⅔ cup dates, cut in pieces
⅓ cup sirup from jar of preserved ginger

Scald milk, add to eggs with sugar and salt. Stir and cook in top of double boiler until mixture thickens. Cool, add cream and vanilla, and freeze (p. 558). Stir in dates and ginger sirup and pack.

Fig Ice Cream

3 cups milk
1 cup sugar
5 egg yolks
1 teaspoon salt
1 pound figs, finely chopped
1½ cups whipping cream
5 egg whites
1 tablespoon vanilla

Make custard of egg yolks, sugar, and milk; strain, add figs, cool, and flavor. Add egg whites beaten until stiff and cream beaten until stiff. Freeze (p. 558).

Frozen Pudding

2 cups milk
⅔ cup raisins
1 cup sugar
1 egg
1 tablespoon flour
¼ teaspoon salt
1 quart thin cream
½ cup almonds
½ cup candied pineapple
⅓ cup preserved ginger
3 tablespoons cooking sherry

Scald raisins in milk 15 minutes, strain, make custard of milk, egg, sugar, flour, and salt; strain, cool, add pineapple, ginger cut in small pieces, nuts finely chopped, and cream; then freeze (p. 558). The raisins should be rinsed and saved for a pudding. Mixed candied fruit may be used.

German Ice Cream

Just before serving Chocolate Ice Cream III (p. 569), add 3 cups zweiback, dried and broken in small pieces.

Ginger Ice Cream

To any recipe for Vanilla Ice Cream add ½ cup Canton ginger cut in small pieces and 3 tablespoons ginger sirup. 2 tablespoons cooking sherry may be added.

Grape Ice Cream

1 pint cream
1¼ cups grape juice
⅓ cup sugar
Lemon or fresh lime juice

Mix cream, grape juice, and sugar. Add lemon or lime juice to taste. Freeze (p. 558).

Grapenut Ice Cream

Add 1 to 1½ cups grapenuts to any Vanilla Ice Cream. Flavor with almond and vanilla or cooking sherry.

Macaroon Ice Cream

Dry macaroons, pound, and measure to make 1 cup (about 8). Add to any Vanilla, Caramel, Coffee, or Chocolate Ice Cream mixture.

Maple Ice Cream

Use maple sirup or maple sugar in any Vanilla Ice Cream, omitting sugar. Or substitute maple flavoring in place of vanilla.

Maple Nut Ice Cream

Add 1 cup nut meats, cut in pieces or chopped, to Maple Ice Cream.

Mint Ice Cream

Flavor any Vanilla Ice Cream with oil of peppermint. Color delicately green with vegetable coloring.

Nougat Ice Cream

3 cups milk
1 cup sugar
5 egg yolks
1 teaspoon salt
1½ cups whipping cream
5 egg whites
⅓ cup each, pistachio, filbert, English walnut, and almond meats
1 teaspoon almond extract
1 tablespoon vanilla

Make a custard of first four ingredients, strain, and cool. Add cream beaten until stiff, egg whites beaten until stiff, nut meats finely chopped, and flavoring. Freeze (p. 558).

Orange Ice Cream I

1 cup heavy cream
1 cup thin cream
2 cups orange juice
Sugar

Add cream slowly to orange juice, sweeten to taste, and freeze. Serve with canned strawberries or fresh fruit mashed and sweetened.

Orange Ice Cream II (Frozen Orange Soufflé)

1½ cups orange juice
1½ cups sugar
2 tablespoons lemon juice
1½ tablespoons granulated gelatine
3 tablespoons boiling water
1 pint cream
5 egg yolks

Mix fruit juice, sugar, and egg yolks. Cook over boiling water until mixture thickens; then add gelatine dissolved in boiling water. Cool, freeze (p. 558) to a mush, add whipped cream, and continue freezing. Garnish, if desired, with candied orange peel and chopped pistachio nuts.

Orange Delicious

2 cups sugar
1 cup water
2 cups orange juice
1 cup thin cream
2 egg yolks
1 cup heavy cream
¼ cup shredded, candied orange peel

Boil sugar and water 5 minutes, then add orange juice. Scald cream, add egg yolks, and cook over hot water, stirring constantly, until mixture thickens. Cool, add to first mixture, with heavy cream beaten stiff. Freeze (p. 558). When nearly frozen, add orange peel.

Orange Pekoe Ice Cream

2 cups milk
3 tablespoons Orange Pekoe Tea
1½ cups sugar
4 egg yolks
¼ teaspoon salt
Grated rind 1 orange
1 pint heavy cream

Scald milk with tea and let stand 5 minutes. Add sugar and egg yolks slightly beaten. Stir and cook until mixture thickens. Strain, add remaining ingredients, freeze, and mold. Serve garnished with candied orange peel.

Peach Ice Cream I

Omit 2 cups cream and vanilla from Vanilla Ice Cream II and add 2 cups peach pulp and juice. Freeze (p. 558).

Peach Ice Cream II

3 cups thin cream
1 cup canned peach juice and pulp
½ tablespoon lemon juice
4 egg whites, beaten stiff
⅛ teaspoon salt

Mix milk, cream, egg whites, and salt. Freeze (p. 558) to mush, add peach pulp and juice, finish freezing.

Peanut Brittle Ice Cream

Pound ½ pound peanut brittle, roll, and sift. Add to any Vanilla Ice Cream mixture.

Peppermint Candy Ice Cream

Crush ½ pound peppermint stick candy and add to hot milk or cream in making Vanilla Ice Cream. Omit sugar.

Pineapple Ice Cream

3 pints thin cream
½ cup sugar
2 cups crushed pineapple

Add pineapple to cream, let stand 30 minutes; strain, add sugar, and freeze (p. 558).

Pistachio Ice Cream

To any Vanilla Ice Cream add 1 teaspoon almond extract. Color green.

Pistachio Bisque

To Pistachio Ice Cream add ½ cup each of pounded macaroons, chopped almonds, and peanuts.

Pistachio Fruit Ice Cream

3 cups milk
1½ cups sugar
5 egg yolks
½ teaspoon salt
1 pint heavy cream
1½ cups Chestnut Purée (p. 390)
1 teaspoon almond extract
1 tablespoon vanilla
¾ cup glacé fruits
Green coloring

Make a custard of first 4 ingredients, strain, cool; add cream, chestnut purée, flavoring, and glacé fruit cut in pieces. Color with leaf green; freeze (p. 558). Serve with Fruit Sauce (p. 594).

Frozen Plum Pudding

2 cups milk
1 cup sugar
6 egg yolks
¼ teaspoon salt
¼ cup cooking sherry
2½ cups cream
¾ cup candied fruit
½ cup almonds, blanched and chopped
⅓ cup Sultana raisins
½ cup pounded macaroons

Make custard of milk, half the sugar, egg yolks, and salt. Caramelize the remaining sugar and add. Strain, cool, add remaining ingredients, and freeze (p. 558).

Praline Ice Cream I

Add 1 cup almonds, blanched, roasted, and finely chopped, to Philadelphia Ice Cream. Caramelize half the sugar and add slowly to the scalded cream.

Praline Ice Cream II

Add 1 cup Praline Powder (p. 721), made with pecan nut meats, to French Ice Cream (p. 566).

Prune Ice Cream

1 cup prunes
1½ cups hot water
1 cup sugar
4 tablespoons lemon juice
1¼ cups whipping cream
⅛ teaspoon salt

Pick over prunes and soak in hot water. Cook in same water until soft, remove stones, and put fruit pulp through a purée strainer. Add sugar, lemon juice, salt, and cream beaten until stiff. Freeze (p. 558).

Quince Ice Cream

Make like Peach Ice Cream I (p. 573), substituting quince for peach pulp.

Raisin and Nut Ice Cream

Force 1 cup raisins and 1 cup pecan nut meats through food chopper. Add to any Vanilla Ice Cream mixture. Freeze (p. 558).

Raspberry Ice Cream I

3 pints thin cream
2 quarts raspberries
2 cups sugar
Few grains salt

Wash and hull berries, chop, sprinkle with sugar, cover, and let stand 2 hours in warm place. Mash and strain. Add salt. Freeze cream to mush (p. 558), add gradually fruit juice, and finish freezing.

Raspberry Ice Cream II

1 quart raspberries
1 cup sugar
1½ cups heavy cream
1½ cups milk
4 egg whites
⅛ teaspoon salt

Wash, pick over, hull, and mash berries. Sprinkle with sugar, cover, and let stand several hours; then squeeze through a double thickness of cheesecloth. Mix cream, milk, egg whites beaten until stiff, and salt. Freeze (p. 558) to a mush. Add fruit juice and continue freezing. If the fruit is acid, more sugar may be necessary.

Strawberry Ice Cream I and II

Make like Raspberry Ice Cream I and II (see above).

Strawberry Ice Cream III

3 cups thin cream
Sirup from canned strawberries
Sugar
Few grains salt
Rose vegetable coloring

Flavor cream with sirup, add sugar to taste, and salt. Color a delicate pink and freeze (p. 558).

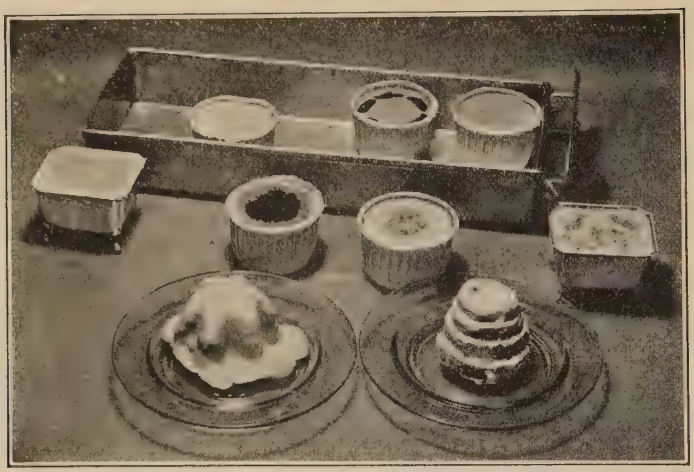
MOUSSES AND PARFAITS

Mousses and parfaits are whipped cream desserts frozen without stirring. A *mousse* may or may not have a foundation thickened with gelatine or other material. A *parfait* has a foundation of sirup cooked with beaten egg whites or yolks.

To Freeze without Stirring

In Mechanical Refrigerator. Pack in drawer of mechanical refrigerator and freeze until firm. Individual molds or paper cases may be used.

In Ice and Salt. Fill molds to overflowing, cover with buttered paper and with tight cover. Bind on cover with strip of cloth



PLAIN AND DECORATED MOUSSES AND PARFAITS FROZEN IN DRAWER OF MECHANICAL REFRIGERATOR

dipped in melted fat (not oil). Lamb fat may be used. Individual molds may be covered with double thickness of wax paper held in place with elastic bands. Pack molds in ice and salt, using equal amounts, having salt under, over, and around the molds. Let stand until firm, turning off the salt water as it accumulates, before it reaches the top of the molds. Leave two hours if in small molds, three to four hours if in larger molds.

Vanilla Mousse I

1 cup heavy cream, whipped
¼ cup powdered sugar
½ teaspoon vanilla
1 egg white, beaten until stiff

Add sugar and vanilla to cream. Fold in egg white. Freeze (p. 575). Other flavors may be used in place of vanilla.

Vanilla Mousse II (with Tapioca)

2 cups milk
3 tablespoons quick-cooking tapioca
½ cup sugar
3 tablespoons corn sirup
1 cup cream
1 tablespoon vanilla

Scald milk with tapioca, sugar, and corn sirup. Stir occasionally and cook until thick (about 20 minutes). Rub through strainer,

chill, and beat. Beat cream until thick and fold in the chilled mixture. Flavor and freeze (p. 575). Other flavors may be used in place of vanilla.

Biscuit Tortoni I

Flavor Vanilla Mousse I or II with non-alcoholic sherry. Add ½ cup dried macaroons, finely crushed. Mixture may be packed in paper cups, tops sprinkled with powdered macaroons, and cups set in drawer of refrigerator to freeze.

Biscuit Tortoni II

1 cup dried macaroons, finely crushed
2 cups thin cream
½ cup sugar
⅓ cup sherry flavoring
1 pint heavy cream

Soak macaroons in thin cream 1 hour, add sugar and sherry, and freeze to a mush; then add heavy cream beaten stiff. Mold and freeze (p. 575).

Chantilly Mousse

Add one cup meringues, broken in pieces, to Vanilla Mousse I or II. Freeze (p. 575).

Chestnut Mousse

Add ½ cup marrons, broken in pieces, to Vanilla Mousse I or II.

Chocolate Mousse

2 squares unsweetened chocolate
½ cup powdered sugar
1 cup milk
¾ tablespoon granulated gelatine
3 tablespoons cold water
¾ cup sugar
1 teaspoon vanilla
2 cups whipping cream

Melt chocolate, add powdered sugar, and milk, gradually. Stir over fire until boiling point is reached, then add gelatine soaked in cold water, sugar, and vanilla. Chill until mixture thickens, beat until light, then fold in cream beaten until stiff. Freeze (p. 575).

Coffee Mousse

1 cup boiled coffee
¾ cup sugar
½ tablespoon granulated gelatine
2 tablespoons cold water
3 tablespoons hot water
1 pint whipping cream

Soak gelatine in cold water, dissolve in hot water, and add to coffee and sugar. Finish like Chocolate Mousse (p. 577).

Fruit Mousse

1 pint whipping cream
1 cup fruit pulp and juice
¾ cup sugar (less or none for canned fruit)
1 teaspoon gelatine
2 tablespoons cold water
3 tablespoons boiling water

Rub fruit through sieve. Add gelatine soaked in cold and dissolved in boiling water. Finish like Chocolate Mousse (p. 577).

Peach Mousse

1 cup fresh peach pulp
½ cup sugar
Few grains salt
1 teaspoon gelatine
2 tablespoons water
3 tablespoons boiling water
Few drops almond extract
1 cup heavy cream, beaten stiff

Make like Fruit Mousse.

Pineapple Mousse

1 teaspoon granulated gelatine
1 tablespoon cold water
2 tablespoons boiling water
2 tablespoons lemon juice
½ cup sugar
1 pint cream
1 cup sirup from canned pineapple

Soak gelatine in cold water, dissolve in boiling water, and add to sirup with lemon juice and sugar. Heat to boiling point. Strain. Finish like Fruit Mousse.

Raspberry Mousse

See Fruit Mousse.

Strawberry Mousse I

1 pint cream
1 box strawberries
1 cup sugar
1 teaspoon granulated gelatine
2 tablespoons cold water
3 tablespoons hot water

Wash and hull berries, sprinkle with sugar, and let stand 1 hour; mash, rub through fine sieve. Add gelatine soaked in cold water and dissolved in boiling water. Finish like Fruit Mousse.

Strawberry Mousse II

1 cup preserved strawberries 1 cup whipping cream

Whip cream and fold in strawberries. Freeze (p. 575).

Angel Parfait

⅔ cup sugar 3 egg whites
¾ cup water 1 pint whipping cream
1 teaspoon vanilla

Boil sugar and water until sirup will thread when dropped from tip of spoon. Pour slowly on beaten egg whites and continue beating until mixture is cool. Add cream beaten until stiff, and vanilla. Freeze (p. 575).

Italian Meringue

½ cup sugar ¾ cup whipping cream
¼ cup water ½ tablespoon vanilla
3 egg whites ¼ teaspoon granulated gelatine

Boil sugar and water 5 minutes; pour slowly on beaten egg whites and continue beating. Place in pan of ice water and beat until cold. Dissolve gelatine in small quantity boiling water and strain into mixture. Whip cream, fold into mixture, flavor, and freeze (p. 575).

Maple Parfait

4 eggs ⅔ cup hot maple sirup 1 pint whipping cream

Beat eggs slightly and pour on slowly maple sirup. Stir and cook in double boiler until mixture thickens, cool, and add cream beaten until stiff. Freeze (p. 575).

Marron Parfait

⅔ cup sugar 1 cup marrons, cut in pieces
¼ cup water 1 tablespoon vanilla
6 egg yolks 1 pint whipping cream

Put sugar and water in saucepan; bring to boiling point and let boil 5 minutes. Pour sirup gradually, while beating constantly, on egg yolks beaten until thick, and cook over hot water, stirring constantly until mixture thickens. Remove from fire and beat until cold. Add marrons soaked in vanilla ½ hour and cream beaten until stiff. Freeze (p. 575). Chopped nuts or macaroon crumbs may be used in place of marrons.

Pistachio Parfait

1 cup sugar
¼ cup water
3 egg whites
1 tablespoon vanilla
1 teaspoon almond extract
1 pint whipping cream
Green coloring
½ cup finely chopped pistachio nuts
Whipped cream

Boil sugar and water until sirup threads. Pour slowly, while stirring constantly, on beaten egg whites, and continue beating until mixture is cold; then add flavoring. Color cream a delicate green and beat until stiff. Add to first mixture with nut meats. Freeze (p. 575). Garnish top with whipped cream, sweetened and flavored with vanilla, and sprinkle with chopped pistachio nuts.

Strawberry Parfait

1 quart box strawberries
2 cups sugar
½ cup water
3 egg whites
1 pint whipping cream

Wash, pick over, hull, and mash berries. Sprinkle with half the sugar, cover, and let stand several hours; then force through fine strainer. Boil remaining sugar and water until mixture threads. Pour sirup gradually, while beating constantly, on egg whites beaten until stiff. Cool and fold in cream beaten until stiff. Freeze (p. 575) strawberry juice to a mush, add cream mixture, and continue freezing.

Yellow Parfait (Butterscotch Parfait)

⅓ cup brown sugar
1 tablespoon butter
¼ cup water
2 egg yolks, well beaten
½ pint whipping cream
Few grains salt
1½ teaspoons vanilla

Cook sugar and butter together until melted and brown. Add water and stir and cook until melted. Pour slowly on egg yolks and beat and cook over hot water until fluffy. Chill. Beat cream and add to egg mixture with salt and vanilla. Freeze (p. 575).

Manhattan Pudding

1½ cups orange juice
¼ cup lemon juice
Sugar
½ pint whipping cream
¼ cup powdered sugar
¼ tablespoon vanilla
⅔ cup chopped walnut meats or powdered macaroons

Mix fruit juices and sweeten to taste. Turn mixture into brick mold. Whip cream and add sugar, vanilla, and nut meats; pour over the first mixture to overflow mold; cover with buttered paper, fit on cover, and freeze (p. 575).

Standish Pudding

1 quart box strawberries
1 cup granulated sugar
1 cup water
Lemon juice
½ pint whipping cream
¼ cup powdered sugar
½ tablespoon vanilla
⅔ cup rolled dried macaroons

Pick over strawberries, sprinkle with granulated sugar, cover, and let stand 2 hours. Mash, squeeze through a double thickness of cheesecloth, and add water and lemon juice to taste. Turn mixture into brick mold. Beat cream until stiff and add powdered sugar, vanilla, and rolled macaroons. Pour over fruit mixture to overflow mold. Cover with buttered paper and freeze (p. 575).

Frozen Orange Whip

1 cup sugar
⅔ cup water
Grated rind 2 oranges
¼ cup orange juice
1 pint whipping cream
2 oranges

Boil sugar and water until sirup threads. Add grated rind and orange juice, cover and keep warm 1 hour; then cool. Beat cream until stiff and add the orange sirup gradually. Cut oranges in halves, crosswise, remove pulp, and separate into small pieces. Pour juice from the 2 oranges into a brick mold; then put in alternate layers of cream and orange pulp until mold is filled to overflowing. Freeze (p. 575).

COUPE

Serve any ice or ice cream in glasses with a sauce or fruit or a combination of fruits. The top may be garnished with whipped cream forced through a pastry bag and tube, candied fruits, chopped nuts, candied violets or rose leaves, chopped nut brittle, marrons broken in pieces, Bar-le-Duc currants, candied orange peel, fresh mint leaves, Angelica, etc.

Fruit cut in pieces or a fruit cocktail may be put in a tall glass from one-third to two-thirds its height and the glass filled with ice cream or an ice.

Some special combinations are:

Chocolate Mint Coupe

Serve Chocolate Ice Cream I (p. 568) and Mint Cream (p. 571) in layers in tall glasses, or garnish Chocolate Ice Cream with whipped cream flavored with oil of peppermint and colored green, or serve with Marshmallow Mint Sauce (p. 596).

Coffee Cherry Coupe

Serve Coffee Ice Cream (p. 569) with Maraschino cherries.

Concord Cream

Serve Grape Ice Cream (p. 571) in glasses. Garnish with whipped cream. Sprinkle with chopped pistachio nuts.

Coupe St. Jacques

Serve Lemon Ice (p. 562) in glasses on any Fruit Cocktail mixture (p. 129). Pear, grapefruit, orange, and Malaga grapes make a particularly good combination.

Ice à la Margot

Serve Vanilla Ice Cream in champagne glasses. Cover ice cream with whipped cream, sweetened, flavored with pistachio, and tinted very light green. Garnish with pistachio nuts or Malaga grapes cut in halves.

Icebergs

Flavor Lemon Ice (p. 562) with oil of peppermint or Crème de Menthe and color green. Serve with finely chopped nut meats, using almonds, filberts, pecans, and walnuts in equal proportions.

Baked Alaska

Meringue I (p. 608) 1 quart brick ice cream
Thin sheet sponge cake

Cover a board with white paper, arrange cake on paper and ice cream on cake, having cake extend ½ inch beyond cream. Cover entirely with meringue and spread smoothly. Brown quickly in hot oven (450° F.). Board, paper, cake, and meringue are poor conductors of heat and prevent cream from melting. Slip from paper on ice cream platter.

Baked Alaska en Surprise

Make like Baked Alaska, but make hollow in top of brick of ice cream and fill with crushed fruit or marrons, before spreading with meringue.

Ice Cream Pies

Fill pastry shells with ice cream. Cover with Meringue (p. 608), set on board covered with paper, and brown in hot oven (500° F.). Serve immediately.

Ice Cream Croquettes I

Shape ice cream in individual molds or with an ice-cream scoop and roll in Jordan almonds, blanched, shredded, and browned in oven.

Ice Cream Croquettes II

Shape ice cream in individual molds or with an ice-cream scoop, roll in macaroon dust made by pounding and sifting dry macaroons.

Coconut Naples

Shape ice cream in individual molds and roll in shredded coconut.

Frozen Éclairs or Cream Puffs

Fill Cream Puffs or Éclairs (p. 658) with any Vanilla Ice Cream, pour on Chocolate (p. 591) or Butterscotch Sauce (p. 590).

Frozen Charlotte Glacé

Mold ice cream in brick form or in small baking-powder boxes. Remove from mold, or molds, and surround with lady fingers trimmed to come to top of cream. Cover top with whipped cream, sweetened and flavored, and pipe cream between lady fingers. Baking-powder boxes are used when individual service is desired, the cream being cut in halves crosswise.

Meringue Glacé

Serve ice cream between pairs of Meringues (p. 651). Garnish or not with whipped cream. Or serve with crushed and sweetened strawberries, raspberries, or peaches, etc.

Ice Cream with Peaches

Serve brick of Vanilla Ice Cream surrounded by halves of canned peaches filled with halves of blanched almonds. Cook peaches in sirup until soft and chill before using. Pour on sirup. Canned apricots may be used.

Mazarine

Bake Brioche (p. 52) in a Charlotte Russe mold or individual tins, cool, cut a slice from top of cake, or cakes, and remove center, or centers, leaving a wall, or walls, ½ inch thick. Fill with Vanilla Ice Cream, invert on serving dish, and pour on Apricot Marmalade.

Flowering Ice Cream

Line 2½-inch flowerpots with paraffin paper. Fill with ice cream, cover cream with grated vanilla chocolate to represent earth, and insert a flower in each.

Plombière Glacé

Cover the bottom of small paper cases with Vanilla Ice Cream, sprinkle ice cream with marron glacé broken in pieces, arrange lady fingers at equal distances, and allow them to extend 1 inch above cases. Pile whipped cream, sweetened and flavored, in the center and garnish with marron glacé and candied violets, or glacé cherries.

Peach or Pear Melba

Arrange Vanilla Ice Cream on half preserved peach or pear. Pour over Melba Sauce I or II (p. 597) and garnish with whipped cream.

SAUCES FOR ICE CREAMS, MOUSSES, ETC.

Butterscotch Almond Sauce (p. 590)
Butterscotch Sauce (p. 590)
Thin Chocolate Sauce (p. 591)
Chocolate Fudge Sauce (p. 592)
Coffee Sauce (p. 592)
Fruit Sauce (p. 594)
Marshmallow Sauce (p. 596)
Marshmallow Mint Sauce (p. 597)
Melba Sauce I (p. 597)
Melba Sauce II (p. 597)
Mince Meat Sauce (p. 597)
Strawberry Sauce (p. 600)

OTHER WAYS OF SERVING ICE CREAMS, MOUSSES, ETC.

Homemade or commercial ice cream, mousses, and parfaits may be made into more elaborate desserts by decorating and putting in mechanical refrigerator. Pack in individual molds or paper cups and decorate with fruit, nuts, or whipped cream put on with pastry bag and tube (p. 695). Freezing tray or a mold may be lined with ice cream, the center filled with whipped cream, sweetened, flavored, and colored, or decorated with fruits or nuts. Set molds in the freezing compartment and leave until serving time.

BOMBES AND MOLDS

Two frozen mixtures or one frozen mixture and whipped cream, Mousse, Parfait, Italian Meringue (p. 579), or a Charlotte Russe (p. 550) mixture may be used as lining and filling for a round, melon, or brick mold. There are many delicious combinations, such as Orange Ice and Macaroon Cream; Raspberry Ice and Vanilla Mousse; Chocolate Ice Cream and Mint Cream; Chocolate Ice Cream and Frozen Orange Soufflé; Pomegranate or Raspberry Ice and Vanilla or Macaroon Cream; Raspberry or Strawberry Ice and Pistachio Ice Cream; and any ice cream with whipped cream or Charlotte Russe mixture with chopped, candied fruit added. Recipes for a few special combinations are given below.

To Line and Fill a Mold. Chill mold thoroughly. Put mixture in by spoonfuls and spread evenly with back of spoon or case knife until layer is about three-fourths inch thick. Put other mixture in center and fill with first mixture to overflow mold.

To Freeze Bombes and Molds. If both mixtures are frozen, pack (p. 559). If one is an unfrozen mixture, freeze without stirring (p. 575).

Bombe Mousselaine

Strawberry Ice (p. 564)
1 cup whipping cream
¾ cup powdered sugar
Strawberries
2 teaspoons vanilla

Beat cream until stiff, add powdered sugar and vanilla. Force strawberries through sieve to make 1 cup and add to cream. Line mold with Strawberry Ice, fill with cream, cover with ice to overflow mold, and freeze (p. 575). Garnish with whipped cream and fresh selected strawberries.

Bombe Suprême

Line melon mold with Citrus Sherbet (p. 561) and fill with whipped cream, sweetened and flavored with Maraschino sirup. Freeze (p. 575). Serve garnished with Bar-le-Duc currants and pistachio nuts.

Café Parfait

Line mold with Coffee Ice Cream II (p. 569), fill with unfrozen Italian Meringue (p. 579), and freeze (p. 575).

Cardinal Mousse

Line mold with Orange Ice (p. 562, made with blood oranges). Fill with unfrozen Italian Meringue (p. 579) and freeze (p. 575).

Coffee Caramel Parfait

Line molds with Coffee Caramel Ice Cream (p. 569), fill with whipped cream sweetened and flavored with non-alcoholic sherry. Freeze (p. 575) in individual molds. Remove from molds, roll in Jordan almonds, blanched, shredded, and browned in the oven. Serve surrounded by Spun Sugar (p. 720).

Demi-Glacé aux Fraises

Line a brick mold with French Vanilla Ice Cream (p. 566), put in layer of lady fingers, and fill center with preserved strawberries or large fresh berries cut in halves; cover with ice cream, pack (p. 559), and let stand 1 hour.

Glacé Helène

Vanilla Ice Cream
1 pint whipping cream, beaten until stiff
½ cup powdered sugar
1 jar red Bar-le-Duc currant
1 teaspoon vanilla
1 cup crushed pineapple

Add sugar, currants, vanilla, and pineapple to cream. Line mold with ice cream, fill with prepared mixture, and cover with ice cream to overflow mold. Freeze (p. 575).

Marron Bombe

1 quart Vanilla Ice Cream
½ cup sugar
¼ cup water
2 egg whites
1 teaspoon granulated gelatine
1½ cups vanilla marrons
1 pint cream, whipped
½ tablespoon vanilla

Cook sugar and water 5 minutes, pour on to beaten egg whites, dissolve gelatine in 1½ tablespoons boiling water, and add to first mixture. Set in pan of ice water and stir until cold; add chestnuts broken in pieces and fold in cream and vanilla. Line a mold with ice cream and fill with mixture. Freeze (p. 575).

Marron Plombière

French Vanilla Ice Cream
½ tablespoon granulated gelatine
2 tablespoons cold water
¼ cup scalded cream
⅓ cup powdered sugar
1 pint cream, whipped
1 teaspoon vanilla
Few grains salt
10 brandied marrons
¼ cup Sultana raisins
5 macaroons

Soak gelatine in cold water, dissolve in scalded cream, add powdered sugar. Set in pan of ice water and stir until mixture begins to thicken; add cream, vanilla, salt, marrons broken in pieces, Sultana raisins, and macaroons (broken in pieces). Both ice cream and filling may be flavored with cooking brandy. Line mold with ice cream and fill with prepared mixture. Freeze (p. 575).

Montrose Pudding

Lemon Ice (p. 562)
1 pint whipping cream
¼ cup powdered sugar
1 tablespoon Maraschino sirup
Few grains salt

Beat cream until stiff, add sugar, sirup, and salt. Line mold or baking-powder boxes with lemon ice and fill with prepared mixture. Freeze (p. 575).

Neapolitan Ice Cream

Put 2 kinds of ice cream and an ice in layers in a brick mold. Pack (p. 559).

Nesselrode Pudding

3 cups milk
1½ cups sugar
5 egg yolks
½ teaspoon salt
1 pint thin cream
¼ cup pineapple sirup
1½ cups boiled French chestnuts (p. 390)

Make custard of first 4 ingredients, strain, and cool. Add cream, pineapple sirup, and chestnuts forced through a sieve. Freeze (p. 558). Line a 2-quart melon mold with part of mixture. To remainder add ½ cup candied fruit cut in small pieces, ¼ cup Sultana raisins, and 8 chestnuts broken in pieces, first soaked several hours in Maraschino sirup, and fill mold. Pack (p. 559). Serve with whipped cream sweetened and flavored with Maraschino sirup.

New Year's Bombe

1 quart French Vanilla Ice Cream
1 cup Nut Brittle (p. 721)
¾ tablespoon granulated gelatine, soaked in
3 tablespoons cold water
2 cups cream
⅓ cup Jordan almonds
¼ cup powdered sugar
1 teaspoon vanilla
⅛ teaspoon salt

Beat cream until stiff and add gelatine dissolved over hot water, brittle, almonds (blanched, roasted in hot oven until brown, and chopped), powdered sugar, vanilla, and salt. Line mold with ice cream, fill with prepared mixture, adjust cover, and freeze (p. 575).

Noisette Bombe

Strawberry Ice I (p. 564)
1 cup Nut Brittle (p. 721), made with filberts
¾ cup hot Caramel Sirup (p. 721)
4 egg yolks
1⅓ cups heavy cream
½ tablespoon vanilla
Few grains salt

Beat egg yolks until thick, add gradually caramel sirup and cook in double boiler until mixture thickens; then beat until cold. Fold in cream beaten until stiff. Add Nut Brittle, vanilla, and salt. Line melon mold with strawberry ice, turn in mixture, and freeze (p. 575).

Orange Bombe

Line mold with Orange Ice (p. 562), fill with Orange Ice Cream (p. 572), and pack (p. 559).

Strawberry Parfait Amour

1 quart Strawberry Parfait (p. 580)
1 pint whipping cream
½ cup powdered sugar
¾ cup Jordan almonds
1½ teaspoons vanilla
¾ cup Brittle (p. 721)
Few grains salt

Beat cream until stiff and add sugar, almonds (blanched, roasted in a slow oven, and chopped), brittle (broken in small pieces), and salt. Turn into border or ring mold, cover with buttered paper, adjust cover, and pack in salt and ice, using 2 parts finely crushed ice to 1 part rock salt, and let stand 3 hours. Remove from mold to chilled serving dish, pile parfait in center and garnish with crystallized roses.

Sultana Roll

Line large baking-powder boxes with Pistachio Ice Cream (p. 573), sprinkle with Sultana raisins. Fill centers with Vanilla Ice Cream or whipped cream. Cover with Pistachio Ice Cream. Pack (p. 559). Serve with Melba Sauce (p. 597).

CHAPTER 35

DESSERT SAUCES

In making sauces use saucepans of correct size for quantity of ingredients listed.

Apricot Sauce

¾ cup apricot pulp ¾ cup whipping cream Sugar

Drain canned apricots from their sirup and rub through a sieve. Beat cream until stiff, add to apricot pulp, and sweeten to taste.

Banana Sauce (San Monica Sauce)

1 tablespoon butter
1 tablespoon flour
¼ cup sugar
½ cup milk
1 egg yolk
1 banana
Few grains salt
½ cup whipping cream

Cream butter, add flour, and stir until well blended; then add sugar gradually. Scald milk, add mixture, and stir constantly until thickened. Add egg yolk slightly beaten and cook 3 minutes. Then add banana skinned, scraped, and forced through a strainer. Chill and add salt and cream beaten until stiff.

Butterscotch Sauce I

1¼ cups brown sugar
⅔ cup corn sirup
4 tablespoons butter
⅜ cup heavy cream
⅜ cup milk

Put sugar, corn sirup, and butter in saucepan, bring to boiling point, and boil to 230° F., or until a soft ball may be formed when tried in cold water. Add cream and milk.

Butterscotch Sauce II

½ cup butter
2⅔ cups brown sugar (1 pound)
1 tablespoon lemon juice
½ cup heavy cream

Combine ingredients; cook in double boiler 1 hour, stirring occasionally.

Butterscotch Almond Sauce

Add toasted almonds to Butterscotch Sauce I or II.

Cambridge Sauce

⅓ cup butter
1 cup powdered sugar
2 teaspoons flour
1½ tablespoons cold water
½ cup boiling water
1 teaspoon vanilla

Cream butter and add sugar gradually, while beating constantly. Dilute flour with cold water, add gradually to boiling water, and boil 5 minutes. Cool. Just before serving combine mixtures and add flavoring.

Caramel Sauce I

1 cup sugar
1 cup boiling water

Caramelize sugar (p. 721). Add water slowly. Boil 6 minutes. Cool. ¼ cup clear coffee may replace part of the water.

Caramel Sauce II

1 cup sugar
½ cup water

Boil until light brown. Add ¾ cup water and boil until of desired consistency.

Cold Chocolate Sauce

2 cups milk
1½ tablespoons cornstarch
2 squares unsweetened chocolate
4 tablespoons powdered sugar
2 tablespoons hot water
2 eggs
⅔ cup powdered sugar
1 teaspoon vanilla

Scald 1¾ cups milk, add cornstarch diluted with remaining milk, and cook 8 minutes in double boiler; melt chocolate over hot water, add 4 tablespoons powdered sugar and hot water; stir until smooth, then add to cooked mixture. Beat egg whites until stiff, add gradually remaining sugar, and continue beating; then add unbeaten yolks and stir into cooked mixture; cook 1 minute, add vanilla, and cool before serving.

Thin Chocolate Sauce (Hot or Cold)

1 cup sugar
½ cup water
Few grains cream of tartar
1½ squares chocolate, melted over hot water
¼ teaspoon vanilla

Boil sugar, water, and cream of tartar 5 minutes. Pour slowly on chocolate. Cool slightly and flavor.

Hot Chocolate Sauce

1 square unsweetened chocolate
1 cup sugar
2 tablespoons corn sirup
1 tablespoon butter
⅓ cup boiling water
½ teaspoon vanilla
Few grains salt

Melt chocolate; add butter and pour water on gradually. Bring to boiling point, add sugar, and corn sirup. Boil 5 minutes, cool slightly, add vanilla and salt.

Chocolate Fudge Sauce

1¼ cups cocoa
¾ cup sugar
½ teaspoon salt
1 tablespoon cornstarch
½ cup white corn sirup
½ cup milk
2 tablespoons butter
2 teaspoons vanilla

Mix dry ingredients, add corn sirup and milk and mix thoroughly. Cook 15 minutes over hot water, stirring until it thickens. Add butter, cool, and add vanilla.

Coffee Sauce

1½ cups milk
½ cup ground coffee
⅓ cup sugar
¾ tablespoon arrowroot

Scald milk with coffee and let stand 20 minutes. Mix remaining ingredients and pour on gradually hot infusion which has been strained. Cook 5 minutes.

Coffee Cream Sauce (Coffee Mousselaine)

3 egg yolks, slightly beaten
4 tablespoons sugar
⅛ teaspoon salt
1 cup coffee infusion
⅓ cup whipping cream, beaten until stiff

Add sugar and salt to eggs. Add coffee gradually. Cook in double boiler until thickened, stirring as necessary. Cool, fold in cream.

Cream Sauce (Dessert)

1 egg
1 cup confectioners' sugar
½ cup whipping cream
½ teaspoon vanilla

Beat egg white until stiff; add egg yolk, well beaten, and sugar gradually. Beat cream until stiff, combine mixtures, and flavor.

Creamy Sauce I

¼ cup butter
¾ cup powdered sugar
2 tablespoons warm milk
1 teaspoon vanilla

Cream butter, add sugar gradually, and milk and vanilla drop by drop, to prevent curdling. Sauce may be flavored with 2 tablespoons wine.

Creamy Sauce II

Warm Creamy Sauce I over hot water, stirring constantly until perfectly smooth and creamy.

Custard Sauce

Use Soft Custard (p. 532).

Dearborn Sauce

½ cup butter
1 cup brown sugar
2 tablespoons cream
1½ tablespoons Sherry flavoring
2 tablespoons brandy flavoring
Few grains salt

Cream butter and add sugar gradually, while beating constantly. Add cream, then flavoring, drop by drop, to prevent a separation. Last, add salt.

Dewey Sauce

1 cup sugar
¼ cup red fruit juice
2 egg yolks, well beaten

Bring sugar and fruit juice to boiling point, and boil to a thin sirup. Pour slowly on egg yolks and cook, stirring constantly, until mixture thickens slightly. Color red if necessary. If desired, use water in place of fruit juice and flavor with 2 tablespoons rum flavoring and 1 teaspoon Curacoa.

Florodora Sauce

1 egg white
¾ cup powdered sugar
1 egg yolk
¾ cup whipping cream
½ teaspoon vanilla
Few grains salt

Beat egg white until stiff and add sugar gradually, while beating constantly; then add egg yolk beaten until thick and lemon-colored, cream beaten until stiff, flavoring, and salt. Flavor with Madeira, if desired.

Foamy Sauce I

½ cup butter
1 cup powdered sugar
1 egg, well beaten
1 teaspoon vanilla

Cream butter, add gradually sugar, egg, and vanilla, beat while heating over hot water. Two tablespoons wine may be used in place of vanilla.

Foamy Sauce II

2 egg whites
1 cup powdered sugar
¼ cup hot milk
1 teaspoon vanilla

Beat egg whites until stiff, add sugar gradually, and continue beating. Add milk and vanilla.

Fruit Sauce

½ cup sugar
½ cup water
¼ pound dates
½ pint bottle Maraschino cherries
½ pint bottle green figs
¼ pound Jordan almonds
Few grains salt

Pour boiling water over dates, let stand 3 minutes, drain, stone, and cut in small pieces. Add cherries with sirup, and figs cut in pieces, with sirup. Let stand overnight or for several hours, add almonds (blanched, halved, and browned in a moderate oven) and salt. Boil sugar and water 5 minutes and add fruit.

Fruit Juice Sauce I

1 cup sugar
1 tablespoon cornstarch
½ cup boiling water
1 cup fruit juice (fresh or canned)
2 tablespoons lemon juice

Mix cornstarch and sugar. Add boiling water and boil 5 minutes. Cool and add fruit juices.

Fruit Juice Sauce II

Drain sirup from a pint jar of canned strawberry, raspberry, or pineapple, heat to boiling point, thicken slightly with arrowroot, and color with red food color.

Ginger Sauce

1 cup sugar
½ cup water
3 tablespoons chopped crystallized ginger

Boil 10 minutes.

Hard Sauce

⅓ cup butter
1 cup confectioners' sugar or
¾ cup granulated sugar
⅓ teaspoon lemon extract
⅔ teaspoon vanilla

Cream butter, add sugar gradually, while beating constantly. Add flavoring.

Hard Sauce with Cream

Add ¼ cup heavy cream to Hard Sauce, drop by drop. Beat thoroughly.

Honey Sauce

2 tablespoons melted butter 2 teaspoons cornstarch ½ cup honey

Add cornstarch to butter. Stir until smooth. Add honey and cook 5 minutes.

Honey Cream Sauce

⅓ cup whipping cream ¼ to ½ cup honey 1 teaspoon lemon juice

Whip cream until thick, add honey and lemon juice, whipping constantly.

Lemon Sauce I

¾ cup sugar 2 teaspoons butter
¼ cup water 1 tablespoon lemon juice
2 tablespoons light corn sirup

Boil sugar, corn sirup, and water 5 minutes. Remove from fire, add butter and lemon juice.

Lemon Sauce II

½ cup sugar 2 tablespoons butter
1 tablespoon cornstarch 1½ tablespoons lemon juice
1 cup boiling water Few gratings nutmeg
Few grains salt

Mix sugar and cornstarch, add water gradually, stirring constantly; boil 5 minutes, remove from fire, add butter, lemon juice, nutmeg, and salt.

Lemon Sauce III

⅓ cup butter ⅓ cup boiling water
1 cup sugar 3 tablespoons lemon juice
3 egg yolks Few gratings lemon rind

Cream butter, add sugar gradually, and egg yolks slightly beaten; then add water and cook over boiling water until mixture thickens. Remove from range, add lemon juice and rind.

Madeira Sauce, Iced

¼ cup orange juice
2 tablespoons lemon juice
½ cup Madeira
½ cup sugar
1 cup boiling water
2 egg whites

Freeze fruit juice and Madeira. Boil sugar and water 5 minutes, pour slowly on beaten egg whites, set in pan of salted ice water, and stir until cold. Add to frozen mixture.

Maple Cream Sauce

1 cup maple sirup
½ cup cream

Boil sirup and cream to soft-ball stage (232° F.). Beat 1 minute, serve plain, or add ½ cup chopped nut meats.

Maple Sugar Sauce

1½ cups maple sugar
½ cup cream
2 teaspoons vanilla
1 tablespoon butter

Cook sugar and cream until mixture bubbles. Add vanilla and butter. Beat until thick.

Mock Maple Sirup

1 cup light brown sugar
⅓ cup water
Few grains salt
¼ teaspoon vanilla

Dissolve sugar in water, add salt, boil 1 minute. Add vanilla. Serve hot or cold.

Maraschino Sauce

⅔ cup boiling water
⅓ cup sugar
2 tablespoons cornstarch
¼ cup Maraschino cherries, cut in halves
½ cup Maraschino sirup
½ tablespoon butter

Mix sugar and cornstarch, add gradually to boiling water, stirring constantly. Boil 5 minutes, and add cherries, sirup, and butter.

Marshmallow Sauce

¼ pound marshmallows
1 cup confectioners' sugar
¼ cup boiling water

Cut marshmallows in pieces and melt in double boiler. Dissolve sugar in boiling water, add to marshmallows, and stir until thoroughly blended.

Marshmallow Mint Sauce

½ cup sugar
¼ cup water
8 marshmallows
1 egg white
1 drop oil of peppermint
Green coloring

Boil sugar and water 5 minutes. Add marshmallows cut in small pieces (using scissors) and add gradually to egg white beaten until stiff. Flavor, color, and chill.

Melba Sauce I

1 cup canned or fresh raspberries ¼ cup sugar

Crush berries, strain to remove seeds. Add sugar and cook to a heavy sirup.

Melba Sauce II

1 cup pulp and juice of raspberries
½ cup currant jelly
½ cup sugar
½ tablespoon arrowroot or cornstarch
1 tablespoon cold water

Add jelly and sugar to raspberries. Bring to boiling point. Add arrowroot or cornstarch mixed with cold water. Stir until mixture becomes thick and clear. Strain and cool.

Mincemeat Sauce

½ cup sugar ½ cup water 1 cup mince meat

Boil sugar and water 5 minutes. Add mince meat.

Mocha Sauce (Denver Sauce)

¼ cup butter
1 cup powdered sugar
2 tablespoons coffee infusion
2 teaspoons breakfast cocoa
1 teaspoon vanilla

Make like Hard Sauce with Cream (p. 595).

Molasses Sauce

1 cup molasses
1½ tablespoons butter
2 tablespoons lemon juice or
1 tablespoon vinegar

Boil molasses and butter 5 minutes; remove from fire and add lemon juice.

Monroe Sauce

2 cups brown sugar
1 cup boiling water
4 tablespoons cold water
2 teaspoons cornstarch
4 tablespoons butter
1 teaspoon vanilla
Slight grating nutmeg
Few grains salt

Boil sugar and water 12 minutes. Add cold water to cornstarch and stir until smooth; then add gradually, while stirring constantly, to sirup and simmer 40 minutes. Add butter, vanilla, nutmeg, and salt and serve at once.

Ohio Sauce

½ cup butter
1 cup brown sugar
4 tablespoons cream
2 tablespoons chopped nut meats
2 tablespoons chopped dates
½ teaspoon lemon extract

Make like Hard Sauce with Cream (p. 595). Add nuts and dates last.

Orange Sauce I

3 egg whites
1 cup powdered sugar
Juice and rind 2 oranges
Juice 1 lemon

Beat whites until stiff, add sugar gradually, and continue beating. Add rind and fruit juices.

Orange Sauce II

Grated rind ½ lemon
Juice ½ lemon
½ cup orange juice
⅓ cup sugar
Few grains salt
2 egg yolks
2 egg whites
1 teaspoon vanilla

Mix grated rind, fruit juices, sugar, salt, and egg yolks, beaten slightly. Put on range and stir constantly until mixture thickens. Add gradually, while beating constantly, to egg whites, beaten until stiff. Cool and add flavorings.

Pineapple Mint Sauce

1 cup crushed pineapple
1 cup sugar
¾ cup water
Green coloring
6 drops oil of peppermint

Simmer pineapple, sugar, and water 10 minutes. Cool, color, and add peppermint. Chill.

Raisin Sauce

1 cup seeded raisins, cut fine or chopped
1½ cups cold water
½ cup sugar
1½ tablespoons lemon juice

Add raisins to water. Simmer until soft. Add sugar, cook slowly 15 minutes. Add lemon juice.

Raspberry Sauce

½ cup butter
1½ cups confectioners' sugar
¼ cup Raspberry Sirup (p. 31)

Cream butter and add sugar gradually while stirring and beating constantly. Then add Raspberry Sirup slowly (at first drop by drop) to prevent separating.

See also Melba Sauce I and II (p. 597).

Roxbury Sauce

1 egg yolk
1 cup powdered sugar
½ cup scalded milk
1 teaspoon cornstarch
⅛ teaspoon salt
½ teaspoon vanilla
1 tablespoon lemon juice
Grated rind ¼ lemon
1 egg white

Beat egg yolk until thick and lemon-colored and add ¾ cup sugar gradually, while beating constantly. Mix remaining sugar with cornstarch and salt and pour on, gradually, scalded milk. Cook in double boiler 10 minutes, stirring constantly until mixture thickens, and afterwards occasionally. Combine mixtures, add flavorings and egg white beaten until stiff.

Sabayon Sauce

Grated rind and juice ½ lemon
½ cup orange juice or white wine flavoring or ¼ cup sherry wine flavoring
⅓ cup sugar
2 eggs

Mix fruit juice or wine flavoring, sugar, and yolks of eggs; stir vigorously over hot water until it thickens, using a wire whisk; pour on to whites of eggs beaten stiff.

Cream Sabayon Sauce

½ cup milk
½ cup cream
Yolks 2 eggs
½ teaspoon vanilla
2 tablespoons sugar
Few grains salt
Whites 2 eggs

Scald milk and cream in double boiler. Beat egg yolks until thick and add sugar. Pour milk and cream gradually, while beating constantly, on egg mixture and cook in double boiler, beating constantly with whisk until mixture thickens. Add vanilla and salt and pour over egg whites, beaten until stiff. 2 tablespoons sherry flavoring may be added.

Sea Foam Sauce

2 tablespoons butter
2 tablespoons flour
½ cup sugar
1 egg yolk
½ cup water
1 teaspoon vanilla
1 egg white

Cream butter and add flour, mixed with sugar, gradually, while stirring constantly; then add egg yolk, well beaten, water, and vanilla. Cook in double boiler until mixture thickens, stirring constantly at first, and afterwards occasionally. Cool. Just before serving, add egg white beaten until stiff.

Sterling Sauce

½ cup butter
1 cup brown sugar
1 teaspoon vanilla or
2 tablespoons wine flavoring
4 tablespoons lukewarm cream or milk

Cream butter, add sugar gradually, and milk and flavoring drop by drop to prevent separation.

Strawberry Sauce I

⅓ cup butter
1 cup confectioners' sugar
⅔ cup strawberries

Cream butter, add sugar gradually, while stirring constantly. Wash, hull, and drain berries; add to first mixture one at a time (to prevent curdling) beating after each addition until well blended.

Strawberry Sauce II

⅓ cup butter
1 cup powdered sugar
1 egg white
⅔ cup strawberries

Cream butter, add sugar gradually, egg white and berries. Beat until fruit is mashed.

Strawberry Sauce III

2 cups berries, hulled
1 cup sugar

Mash berries, add sugar, and let stand 1 hour.

Vanilla Sauce

Make like Lemon Sauce II (p. 595), using 1 teaspoon vanilla in place of lemon juice and nutmeg.

Whipped Cream

½ pint whipping cream ⅓ cup powdered sugar ½ teaspoon vanilla

Beat cream slightly and add sugar gradually while beating constantly, using egg beater; add vanilla and few grains salt when stiff enough to hold its shape. If desired, freeze in drawer of mechanical refrigerator or pack in salt and ice. Serve in cubes.

Whipped Evaporated Milk

Scald 15 minutes, chill, set in bowl of ice and coarse salt, beat until stiff, and use like whipped cream.

Wine Sauce

½ cup butter
1 cup powdered sugar
3 tablespoons non-alcoholic sherry
Slight grating nutmeg

Make like Hard Sauce (p. 594).

Yankee Sauce

½ cup butter
1 cup powdered sugar
1 tablespoon cornstarch
2½ tablespoons cold water
1 cup boiling water
1 teaspoon vinegar
1½ teaspoons vanilla

Cream butter and add gradually, while beating constantly, powdered sugar. Dilute cornstarch with cold water and add gradually to boiling water. Bring to boiling point and boil until clear. Combine mixtures, stirring briskly, and flavor with vinegar and vanilla.

Yellow Sauce I

2 eggs, beaten until light
1 cup sugar
1 teaspoon vanilla or brandy flavoring

Add sugar gradually to eggs, and continue beating. Flavor.

Yellow Sauce II

2 eggs 1 cup confectioners' sugar ⅔ teaspoon vanilla

Beat egg yolks until thick, add half the sugar gradually; beat egg whites until stiff, add gradually remaining sugar; combine mixtures and add vanilla. Wine flavoring may be used.

CHAPTER 36

PASTRY

Perfect pastry requires the best shortenings, thoroughly chilled. Lightness depends on the amount of air enclosed and expansion of that air in baking. Flakiness depends upon kind and amount of shortening used. Lard makes more tender crust than butter, but lacks flavor which butter gives. Butter should be washed to remove salt and buttermilk, thus making it of a waxy consistency, easy to handle.

To Wash Butter. Fill a bowl with hot water, dip the hands in this water and empty bowl. Place bowl under cold water faucet, let water run, and wash butter in the water by squeezing lightly between fingers until smooth and waxy. Double over very quickly between palms of hands, patting hard to remove superfluous water. Chill thoroughly.

For rolling paste, use a smooth wooden board or pastry cloth and wooden rolling-pin with handles. A cover for rolling-pin is useful.

Puff Paste should be used for vol-au-vents, patties, rissoles, bouchées, cheese straws, tarts, etc. It may be used for rims and upper crusts of pies, but never for lower crusts. Plain paste may be used wherever pastry is needed, except for vol-au-vents and patties.

Puff Paste

By Weight	By Measurement
½ pound butter	1 cup butter
7 ounces bread flour	1½ cups bread flour
5 ounces ice water	⅝ cup ice water

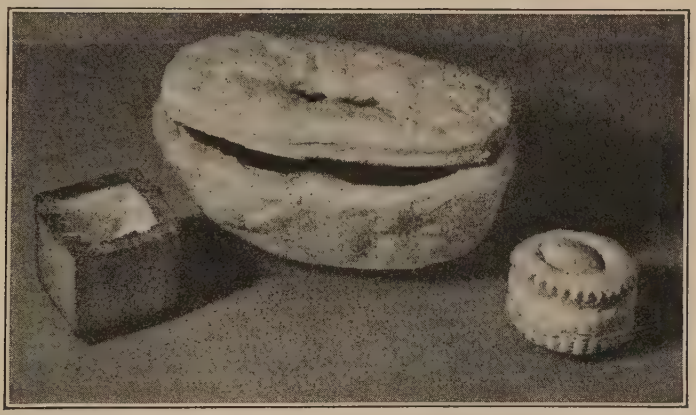
Wash butter (see above). Reserve 1 tablespoon and shape remainder into an oblong piece ½ inch thick, and put on floured board or cloth. Work 1 tablespoon butter into flour with tips of fingers of right hand, 2 knives, or pastry mixer. Moisten to a dough with ice water, turn on slightly floured board, and knead 5 minutes. Cover with cloth and bowl, and let stand 5 minutes.

Pat, lift, and roll ⅛ inch thick, keeping paste longer than wide, and corners square. Draw into shape with fingers if necessary. Place

butter in center of one side of paste. Fold other side of paste over butter. Press edges firmly, to enclose as much air as possible.

Fold one end of paste over enclosed butter, other end underneath. Turn paste ¼ way round, pat, lift, and roll ⅛ inch thick, having paste longer than wide, lifting often to prevent paste from sticking and dredging board slightly with flour when necessary. Fold from ends towards center, making 3 layers. Repeat 4 times, turning paste ¼ way round each time before rolling. After fourth rolling, fold from ends to center, and double, making 4 layers. Chill. If paste is to be kept for several days, wrap in wax paper, and put in refrigerator, but not in direct contact with ice.

To Bake Puff Paste. Shape, chill thoroughly. Arrange on cooky sheet covered with 2 thicknesses of brown paper. Bake 5 minutes in very hot oven (500° F.), then reduce heat 50° every 5 minutes down to moderate (350° F.). Turn frequently.



CROUSTADE. VOL-AU-VENT. PATTY CASE

Patty Shells

Roll Puff Paste ½ inch thick, shape with a patty cutter dipped in hot water; cut halfway through with smaller cutter. Chill until paste is stiff. Bake (see above). The shells should rise their full height and begin to brown in 12 to 15 minutes; continue browning and finish baking in 25 minutes. Trimmings from Puff Paste should be carefully laid on top of each other, patted, and rolled out.

Vol-au-Vent

Roll Puff Paste ⅓ inch thick, mark an oval on paste with cutter or mold, and cut out with sharp knife, first dipped in flour. Brush over near the edge with cold water, put on a rim ¾ inch wide, press lightly, prick several times, chill, and bake (p. 603). If desired, bake on outside of oval mold. During the first half-hour they should be covered, watched carefully, and frequently turned. The paste cut from center of rim should be rolled ¼ inch thick, shaped, chilled, baked, and used for cover to the vol-au-vent.

Bouchées

Make very small patty shells.

Quick Puff Paste

1 cup bread flour — Ice water
1 tablespoon lard — ⅞ cup butter

Work lard into flour, first using knife, then tips of fingers. Moisten to a dough with ice water, pat, and roll out like Puff Paste. Dot paste with small pieces of butter, using ⅓ the quantity. Dredge with flour, fold from ends toward center, then double, making 4 layers. Pat and roll out. Repeat until butter is used. Roll, shape, chill, and bake like Puff Paste (p. 603).

Irish Puff Paste

1 cup bread flour — 1 cup butter — Ice water

Put flour in bowl and add butter, separated into small pieces. Moisten to a dough with water and toss on a slightly floured board or cloth. Pound, using rolling pin, until butter is thoroughly incorporated throughout the mixture. If butter becomes so soft that the handling is difficult, chill. When thoroughly blended, pat, roll, shape, and bake like Puff Paste (p. 603).

Cataldi's Puff Paste

1 pound pastry flour, sifted — 1 egg yolk
2 tablespoons lemon juice — Ice water
½ teaspoon salt — 1 pound washed butter

Put flour in bowl, make a depression in center, pour in lemon juice, and add egg yolk and salt; then add ice water to make a dough. Toss on floured cloth, knead, cover, and let stand 5 minutes. Pat, roll out, fold in washed butter, and bake like Puff Paste (p. 603).

Chopped Paste

2 cups pastry flour — ⅔ cup butter
2 tablespoons lard — ½ teaspoon salt
Ice water

Wash butter (p. 602). Mix salt with flour, put in chopping tray, add lard and butter, and chop until well mixed. Moisten to a dough with cold water. Toss on floured cloth, pat, and roll out. Fold to make 3 layers, turn ¼ way round, pat, and roll out; repeat. Should the butter be too hard, it will not mix readily with the flour, in which case the result will be a less tender crust. Omit lard and use all butter, if preferred.

Plain Paste I

1½ cups pastry flour — ¼ cup butter
¼ cup lard or other shortening — ½ teaspoon salt
Ice water (about ⅜ cup)

Wash butter, pat, and form in circular piece. Add salt to flour and work in lard with finger tips, case knife, or pastry mixer. Moisten to dough with ice water. Toss on board or cloth dredged sparingly with flour, pat, and roll out; fold in butter as for Puff Paste, pat, and roll out. Fold to make 3 layers, turn ¼ way round, pat, and roll out; repeat. Do not stretch pastry during process. Work rapidly. The pastry may be used at once; if not, fold in cheesecloth, put in covered tin, and keep in cold place, but never in direct contact with ice.

Plain Paste II

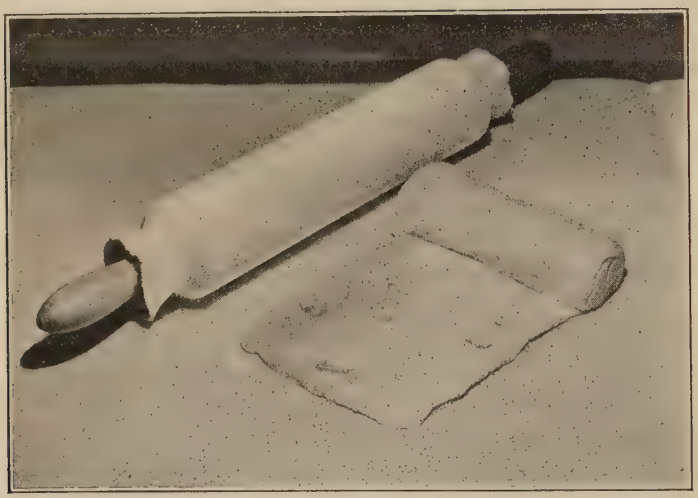
1½ cups pastry flour — ½ cup lard or other shortening
½ teaspoon salt — Ice water

Mix salt with flour. Reserve 2 tablespoons lard, work in remainder to flour, using finger tips, case knife, or pastry mixer. Moisten to dough with water. Toss on floured board, pat, and roll out. Spread with 1 tablespoon reserved lard, dredge with flour, roll up like a jelly roll, pat, and roll out; again roll up. Cut from the end of roll a piece

large enough to line a pie plate. Pat and roll out, keeping the paste as circular in form as possible. With care and experience, there need be no trimmings. Worked-over pastry is usually unsatisfactory.

Quick Plain Paste

Use ingredients for Plain Paste II. Cream shortening, add ice water, flour, and salt. Mix with knife. Roll out and use as desired.



MAKING CATHERINE'S RICH PASTE ON A PASTRY CLOTH

Catherine's Rich Paste

2 cups pastry flour
½ teaspoon baking powder
½ teaspoon salt
⅓ cup lard or other shortening
⅓ cup butter
Ice water

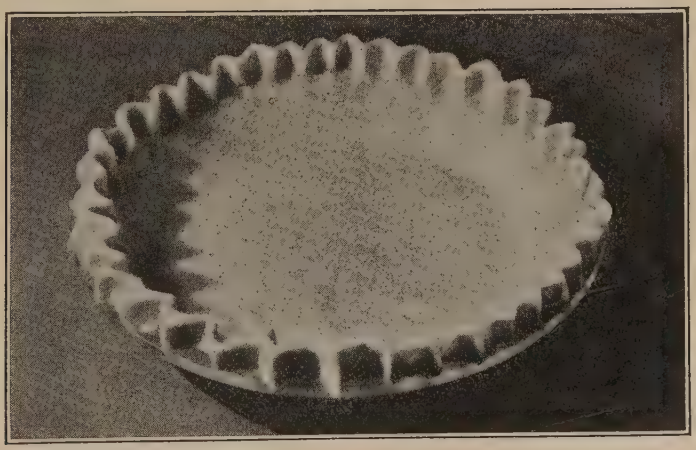
Mix and sift flour, baking powder, and salt. Work in lard, using tips of fingers. Add water, drop by drop, until mixture is of right consistency to roll. Toss on floured cloth, pat, and roll out, and dot over with ⅓ the butter. Roll up like a jelly roll, pat, roll out; dot with ⅓ butter, and again roll up like a jelly roll; repeat. Chill before using.

CHAPTER 37

PIES

Two-Crust Pies

Roll paste ¼ inch thick and a little larger than plate to allow for shrinking. Allow more paste for upper than under crust. Prick upper crust to allow steam to escape. Never grease pie plate; good pastry greases its own tin. Fit under crust into pie plate, put in filling, brush edge with cold water, and put on top crust. Press edges lightly together. For juicy fruit pies, bind with strip of cloth dipped in cold water. Squash, pumpkin, and custard pies are much less care during baking, if bound.



PIE SHELL WITH FLUTED RIM BEFORE BAKING

One-Crust Pies

Arrange under crust as for 2-crust pie. Brush edge with cold water. Cut strips of paste ¾ inch wide and put on rim, fulling slightly to allow for shrinkage. Put in filling. If desired, arrange strips of pastry across the top, lattice fashion.

One-Crust Pies with Fluted Rim

Roll paste ¼ inch thick and 3 inches larger than plate in diameter. Fit into pie plate and trim so that it hangs over 1 to 1½ inches all around. Double pastry edge, making it stand upright at right angles to plate. Press into fluted shape. Put in filling. Bind with strip of cloth wrung out of cold water, having cloth stand upright against pastry rim.

Baked Pie Shells or Plain Pastry

Cover an inverted pie plate with paste, prick several times, and bake 12 minutes in hot oven (450° F.). Remove from tin and return to oven to brown inside.

To Glaze Pies

Dot over upper crust of pie with shortening just before baking. Or brush with ice water or milk.

To Bake Pies

Set pie in bottom of hot oven (450° F.) for 10 minutes. Then move to middle shelf, reduce heat to moderate (350° F.) and bake 40 to 45 minutes.

MERINGUES

For Pies, Puddings, and Desserts

Thoroughly chill eggs for meringues. Beat with egg beater, silver fork, wire spoon, or whisk. Meringues on pies, puddings, or desserts may be spread evenly, spread and piled in the center, put on lightly by spoonfuls, or spread evenly with part of the mixture, the remainder being forced through a pastry bag and tube.

Meringues for individual desserts may be baked separately on cooky sheet covered with waxed paper and slipped on dessert with spatula. Or they may be baked in muffin rings set in hot water, or in muffin tins half full of hot water.

Meringue I

2 egg whites
2 tablespoons powdered sugar
½ tablespoon lemon juice or
¼ teaspoon vanilla

Beat whites until stiff, add sugar gradually, and continue beating. Add flavoring, bake 15 minutes in slow oven (300° F.).

Meringue II

3 egg whites
7½ tablespoons powdered sugar
½ teaspoon lemon extract or
⅓ teaspoon vanilla

Beat whites until stiff, add 4 tablespoons sugar gradually, beat vigorously, and add flavoring. Fold in remaining sugar. Bake in slow oven (300° F.).

Meringue III

4 egg whites
⅞ cup powdered sugar
2 tablespoons lemon juice

Put egg whites and sugar in bowl, beat mixture until stiff enough to hold its shape, add lemon juice drop by drop, continuing beating until mixture will hold its shape. Bake in slow oven (300° F.).

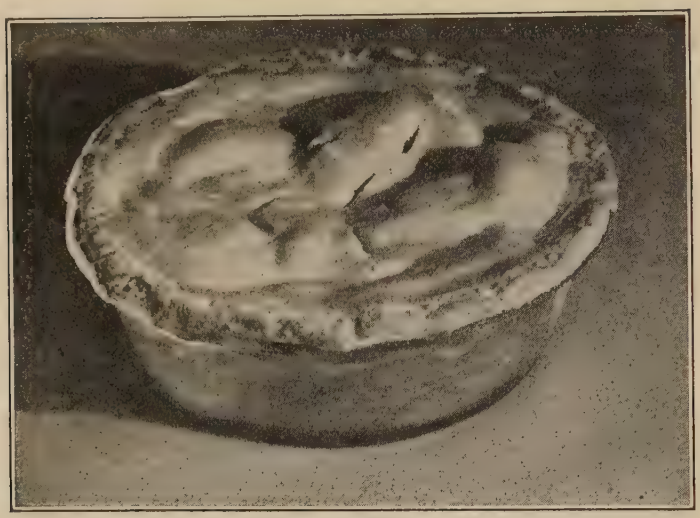
Apple Pie I

6 to 8 sour apples
½ to ¾ cup sugar
¼ teaspoon grated nutmeg or cinnamon
¼ teaspoon salt
½ tablespoon butter
2 teaspoons lemon juice
Few gratings lemon rind

Line pie plate with paste. Pare, core, and cut apples in eighths, put row around plate ½ inch from edge, and work towards center until plate is covered; then pile on remainder. Mix sugar, nutmeg, salt, lemon juice and grated rind, and sprinkle over apples. Dot over with butter. Wet edges of under crust, cover with upper crust, and press edges together. Bake (p. 608). Evaporated apples, soaked overnight in cold water, may be used in place of fresh fruit.

Apple Pie II

Use same ingredients as for Apple Pie I. Place in small earthen baking dish and add hot water to prevent apples from burning. Cover closely and bake 3 hours in very slow oven (250° F.), when apples will be dark red. Brown sugar may be used instead of white sugar, a little more being required. Cool and bake between two crusts.



Deep Apple Pie

Bake apple-pie mixture in deep baking dish, omitting bottom crust. Serve with or without Vanilla Ice Cream or whipped cream, plain or frozen.

Apricot Pie

2 cups apricots, mashed Sugar to taste

If dried apricots are used, soak 12 hours. Bake (p. 608) with bottom crust and strips of pastry, lattice fashion over the top.

Banana Pie

1 cup scalded milk
⅓ cup sugar
2⅔ tablespoons flour
⅛ teaspoon salt
2 egg yolks, slightly beaten
¼ cup thin cream or top milk
¾ tablespoon lemon juice
1 large banana
2 egg whites
2 tablespoons powdered sugar
¼ teaspoon lemon extract

Mix sugar, flour, and salt, and add egg yolks. Pour on scalded milk gradually, while stirring constantly, and cook in double boiler 15 minutes, stirring constantly until mixture thickens, and afterwards occasionally. Cool and add cream, lemon juice, and banana, peeled, scraped, and cut in ¼-inch slices. Chill thoroughly and turn into baked pie shell (p. 608).

Banana Cream Pie

Fill baked pie shell with sliced bananas. Pour over cold Soft Custard (p. 532). Chill. Cover with whipped cream. Sprinkle with coconut if desired.

Blackberry Pie

2½ cups berries, picked over and washed
Sugar
⅛ teaspoon salt

Cook berries until soft with enough water to prevent burning. Add sugar to taste and salt. Cool. Line pie plate with pastry, put on rim, fill with berries. Arrange 6 strips pastry across top, cut same width as rim. Put on upper rim. Bake 30 minutes (p. 608).

BUTTERSCOTCH PIE I GARNISHED WITH WHIPPED CREAM FORCED THROUGH PASTRY BAG AND ROSE TUBE

Butterscotch Pie I

Fill baked pie shell (p. 608) with Butterscotch Filling (p. 691). Cover with Meringue (p. 608) or garnish with whipped cream.

Butterscotch Pie II

Make 3 Puff Paste circles 9 inches in diameter. Bake and put together with Butterscotch Filling (p. 691).

Blueberry Pie

2½ cups berries
Flour
½ cup sugar
⅛ teaspoon salt

Line a deep plate with Plain Paste, fill with berries slightly dredged with flour; sprinkle with sugar and salt, cover, and bake 45 to 50 minutes (p. 608). ⅓ molasses, ⅔ sugar may be used instead of all sugar. 6 green grapes (from which seeds have been removed) cut in small pieces much improve the flavor, particularly if huckleberries are used in place of blueberries.

Cherry Pie I

1 quart cherries (preferably sour)
Flour for dredging
4 tablespoons sugar

Stone cherries. Line pie plate with paste. Fill with cherries. Sprinkle with sugar. Dredge lightly with flour. Put on top crust and bake (p. 608).

Cherry Pie II

2 cups canned cherries, stoned
½ cup cherry juice
1 tablespoon quick-cooking tapioca
Few grains salt
2 tablespoons sugar

Line pie plate with paste. Put in cherries. Mix juice, sugar, tapioca, and salt and pour over cherries. Put on top crust. Bake (p. 608).

Chocolate Cream Pie

3 squares chocolate
2½ cups cold milk
4 tablespoons flour
1 cup sugar
½ teaspoon salt
4 egg yolks, slightly beaten
2 tablespoons butter
2 teaspoons vanilla

Scald milk with chocolate. Beat until mixture is smooth. Combine flour, sugar, and salt. Add to egg yolks. Pour small amount of chocolate mixture over egg mixture, stirring vigorously. Return to double boiler and cook until thickened, stirring constantly. Add butter and vanilla. Cool. Pour into baked pie shell (p. 608) and cover with Meringue II (p. 609) or whipped cream.

Chocolate Custard Pie

Make like Custard Pie (p. 614), adding 2 squares melted chocolate to custard mixture.

Chocolate Meringue Pie

1⅛ cups milk
½ square chocolate
½ cup sugar
1½ teaspoons butter
2 egg yolks, slightly beaten
2 tablespoons cornstarch
½ teaspoon vanilla

Scald 1 cup milk with chocolate. Beat until well blended, add sugar, butter, egg yolks, and cornstarch diluted with remaining milk. Cook 20 minutes, stirring constantly until mixture thickens and afterwards occasionally. Add vanilla. Fill a baked pie shell with mixture, cover with Meringue II (p. 609), forced through a pastry bag and tube, and bake.

Cranberry Pie

1½ cups cranberries
¾ cup sugar
½ cup water
1½ tablespoons flour

Mix ingredients and cook 10 minutes. Cool. Bake (p. 608) in one crust, with a rim, and strips across top.

Cranberry and Raisin Pie (Mock Cherry Pie)

Make Cranberry Pie, adding ½ cup seeded raisins to mixture.

Boston Cream Pie (p. 671)

Cream Pie

Bake 2 or 3 circles of pastry, 9 inches in diameter. Put together with Cream Filling (p. 690). Sprinkle top with powdered sugar.

Frangipan Cream Pie

Make like Cream Pie, using Frangipan Cream (p. 690).

Devonshire Cream Pie

Cut pastry circles as for Cream Pie. Cut center from 1, leaving 1½ inch ring. Bake. Put Cream Filling (p. 690) between pieces. Place ring on top, fill with fresh strawberries or other fruit sweetened to taste. Garnish, if desired, with whipped cream.

Currant Pie

1 cup currants ¼ cup flour
1 cup sugar 2 egg yolks
2 tablespoons water

Mix flour and sugar, add egg yolks slightly beaten and diluted with water. Wash currants, drain, remove stems, then measure; add to first mixture and bake in 1 crust; cool, cover with Meringue I (p. 608), and bake.

Custard Pie

4 eggs, slightly beaten ¼ teaspoon salt
6 tablespoons sugar 3 cups milk
Few gratings nutmeg

Add sugar, salt, and milk to eggs. Line plate with Plain Paste (p. 605) and build up a fluted rim (p. 608). Strain in the mixture and sprinkle with few gratings nutmeg. Bake (p. 608).

Caramel Custard Pie

Make like Custard Pie but caramelize sugar and add it to scalded milk before pouring on eggs.

Coconut Custard Pie

Make like Custard Pie, adding ½ cup grated coconut to custard mixture. Sprinkle top with grated coconut or, when baked, spread with Meringue I (p. 608), sprinkle with coconut and bake until delicately brown.

Date Pie

2 cups dates, pitted 1 cup cold water 2 tablespoons orange juice

Cook dates and water to a thick paste. Add orange juice and cool. Fill baked pie shell (p. 608) and cover with whipped cream.

Date Custard Pie

2 cups milk 2 eggs
⅓ pound dates ¼ teaspoon salt
Few gratings nutmeg

Cook dates and milk 20 minutes in double boiler. Strain, rub through sieve, and add eggs and salt. Finish like Custard Pie.

Fresh Fruit Pie

Fresh fruit, cut in pieces
½ cup sugar
⅛ teaspoon salt
Milk
¼ cup cracker crumbs or 2 tablespoons quick-cooking tapioca or 2 tablespoons flour

Line pie plate with pastry, fill with fruit and cover with sugar mixed with cracker crumbs, tapioca, or flour, and add salt. Put on top crust and bake (p. 608). Reduce heat as necessary to keep mixture from boiling over.

Lemon Pie I

1½ cups sugar
2 cups boiling water
~~4 tablespoons cornstarch~~
4 tablespoons flour
4 egg yolks
Grated rind 2 lemons
6 tablespoons lemon juice
2 teaspoons butter

Mix cornstarch, flour, and sugar, and add boiling water, stirring constantly. Stir until mixture boils and cook 20 minutes in double boiler. Add butter, egg yolks, and rind and juice of lemon. Fill baked pie shell (p. 608), spread with Meringue I (p. 608), and bake until delicately brown. For firmer filling, use 5 tablespoons flour and 5 tablespoons cornstarch.

Lemon Pie II

4 egg yolks
6 tablespoons sugar
1¼ cups milk
Few grains salt

Beat egg yolks slightly, add sugar, salt, grated rind of lemon, and milk. Line plate with paste and build up fluted rim (p. 608). Pour in mixture. Bake (p. 608). Remove from oven, cool slightly, cover with Meringue III (p. 609), and bake until delicately brown.

Lemon Pie III

3 eggs
⅔ cup sugar
Grated rind ½ lemon
¼ cup lemon juice
2 tablespoons water

Beat eggs slightly, add sugar, grated rind, lemon juice, and water. Bake (p. 608). Cool slightly, cover with Meringue II (p. 609), and bake until delicately brown.

Lemon Sponge Pie

1 cup sugar
3 tablespoons flour
3 tablespoons lemon juice
2 egg yolks
1 cup milk
1 tablespoon melted butter
2 egg whites
Few grains salt

Mix sugar and flour, add lemon juice, egg yolks slightly beaten, milk, butter, egg whites beaten stiff, and salt. Bake in 1 crust (p. 607).

Lemon and Apple Pie

½ cup chopped apple
1 cup sugar
1 egg, beaten
¼ cup cracker crumbs
Grated rind 1 lemon
2 tablespoons lemon juice
1 teaspoon melted butter

Mix ingredients in order given and bake (p. 607) with 2 crusts.

Mince Pie

Bake mince pies with 2 crusts. For Thanksgiving and Christmas pies, Puff Paste is often used for rims and upper crusts, but is never satisfactory when used for under crusts.

Mincemeat

4 pounds lean beef
2 pounds beef suet
Baldwin apples
3 quinces
3 pounds sugar
2 cups molasses
2 quarts cider
4 pounds raisins, seeded and cut in pieces
3 pounds currants
½ pound finely cut citron
1 quart grape juice
1 tablespoon cinnamon and mace
1 tablespoon powdered clove
2 grated nutmegs
1 teaspoon pepper
Salt to taste

Cover meat and suet with boiling water and cook until tender. Cool in water in which they are cooked; the suet will rise to top, forming a cake of fat, which may be easily removed. Chop meat finely and add it to twice the amount of finely chopped apples. The apples should be quartered, cored, and pared previous to chopping, or skins may be left on, which is not an objection if apples are finely chopped. Add quinces finely chopped, sugar, molasses, cider, raisins, currants, and citron; also suet, and stock in which meat and suet were cooked reduced to 1½ cups. Heat gradually, stir occasionally, and cook

slowly 2 hours; then add grape juice and spices. Cooking brandy may be substituted for grape juice.

Quick Mincemeat

1 cup chopped apple
½ cup seeded raisins, chopped
½ cup currants
¼ cup butter
1 tablespoon molasses
1 tablespoon boiled cider
1 cup sugar
1 teaspoon cinnamon
½ teaspoon powdered cloves
½ nutmeg, grated
⅛ teaspoon mace
1 teaspoon salt
Stock to moisten
1 cup chopped, cooked meat
2 tablespoons fruit jelly

Mix ingredients, except meat and jelly, and simmer 1 hour. Add meat and jelly. Cook 15 minutes.

Mock Mincemeat

4 tablespoons cracker crumbs
1½ cups sugar
1 cup molasses
⅓ cup lemon juice or vinegar
1 cup raisins, seeded and chopped
½ cup butter
2 eggs, well beaten
Spices

Mix ingredients in order given, adding spices to taste. This quantity will make 2 pies.

Green Tomato Mincemeat

3 pints chopped apples
3 pints chopped, green tomatoes
4 cups brown sugar
1⅓ cups vinegar
3 cups raisins
3 teaspoons cinnamon
1 teaspoon clove
¾ teaspoon allspice
¾ teaspoon mace
¾ teaspoon pepper
2 teaspoons salt
¾ cup butter

Mix apples with tomatoes and drain. Add remaining ingredients, except butter, bring gradually to boiling point, and simmer 3 hours, then add butter. Turn into glass jars as soon as made.

Orange Pie

1 cup orange juice
Juice 1 lemon
3 egg yolks
½ cup sugar
3 tablespoons flour

Beat yolks, add sugar and flour. Add juice, stir, and cook over hot water until thick. Fill baked pie shell (p. 608), cover with Meringue II (p. 609), and bake.

Peach Pie I

Cover peaches with boiling water, let stand 1 minute and remove skins. Cut in eighths, cook until soft with enough water to prevent burning; sweeten to taste and cool, or use canned peaches. Fill baked pie shell (p. 608). Cover with whipped cream.

Deep Dish Peach Pie

Arrange whole peaches (peeled) in deep baking dish. Sprinkle with sugar. Cover with Plain Paste and bake (p. 608).

Pineapple Pie

4 cups hot, crushed pineapple
¼ cup cornstarch
½ teaspoon salt
1 cup sugar (less or none for canned pineapple)
2 tablespoons butter
2 tablespoons lemon juice
2 tablespoons grated lemon rind

Mix cornstarch, salt, and sugar. Add to pineapple. Cook in double boiler 20 minutes, stirring constantly until thickened. Cool, fill baked pie shell, cover with Meringue II (p. 609), and bake until delicately brown.

Prune Pie

½ pound prunes
½ cup sugar (scant)
1 tablespoon lemon juice
1½ teaspoons butter
1 tablespoon flour

Wash prunes and soak in enough hot water to cover. Cook in same water until soft. Remove stones, cut prunes in quarters, and mix with sugar and lemon juice. Reduce liquor to 1½ tablespoons. Line plate with paste, cover with prunes, pour over liquor, dot over with butter, and dredge with flour. Put on an upper crust and bake (p. 608).

Pumpkin Pie

1¼ cups cooked and strained pumpkin
½ cup sugar
2 tablespoons butter
2 tablespoons molasses
1 teaspoon ginger
1 teaspoon cinnamon
½ teaspoon salt
2 eggs
1¼ cups scalded milk

Add sugar, butter, molasses, ginger, cinnamon, and salt to pumpkin. Add egg yolks slightly beaten. Add milk and mix thoroughly. Fold in egg whites beaten until stiff. Bake (p. 608) in 1 crust.

Rich Pumpkin Pie

1½ cups steamed and strained pumpkin
⅔ cup brown sugar
1 teaspoon cinnamon
½ teaspoon ginger
½ teaspoon salt
2 eggs
1½ cups milk
½ cup cream

Mix ingredients in order given and bake (p. 608) in 1 crust.

Raisin Pie

¾ cup seeded raisins, washed
2¼ cups water
1½ cups sugar
4½ tablespoons flour
1 egg, well beaten
3 tablespoons lemon juice
3 teaspoons grated lemon rind
⅛ teaspoon salt

Soak raisins in water 2 hours. Mix sugar and flour, add to egg. Add seasonings, raisins, and liquid. Cook over hot water 15 minutes or until thickened, stirring occasionally. Cool. Line pie plate with Plain Paste, fill with mixture and arrange strips across top lattice fashion. Bake (p. 608).

Rhubarb Pie

1½ cups rhubarb
⅞ cup sugar
1 egg
2 tablespoons flour

Cut stalks of rhubarb in half-inch pieces before measuring. Mix sugar, flour, and egg; add to rhubarb and bake (p. 608) between crusts. Many prefer to scald rhubarb before using; if so prepared, it loses some of its acidity and less sugar is required.

Rhubarb and Raisin Pie

Make like Rhubarb Pie but before putting on top crust, sprinkle with ½ cup seeded raisins, cut in halves.

Squash Pie

2½ cups steamed and strained squash
½ cup sugar
1 teaspoon salt
½ teaspoon cinnamon, ginger, nutmeg, or
½ teaspoon lemon extract
1 egg, slightly beaten
1¾ cups milk

Mix sugar, salt, and spice or extract, add squash, egg, and milk gradually. Bake in 1 crust (p. 607). Garnish, if desired, with whipped cream to which has been added finely chopped preserved ginger.

Rich Squash Pie

1 cup squash, steamed and strained	Cinnamon, Nutmeg } 1 teaspoon each
1 cup heavy cream	Ginger, Salt } ¾ teaspoon each
1 cup sugar	
3 eggs, slightly beaten	¼ teaspoon mace

Line a deep pie plate with Puff Paste. Brush over paste with egg white, slightly beaten, and sprinkle with stale bread crumbs. Fill and bake (p. 608). Serve warm.

CHAPTER 38

PASTRY DESSERTS

The recipes given in this chapter are merely suggestions of the many variations possible. Before baking pastry made with Puff Paste or any plain paste, read the directions for baking each, — p. 603 for Puff Paste; p. 608 for Plain Paste.

Almond Tartlets

1¼ cups Jordan almonds, blanched and finely chopped
2 tablespoons rolled and sifted cracker crumbs
3 eggs, slightly beaten
⅓ cup sugar
⅛ teaspoon salt
2 cups milk
½ teaspoon vanilla

Mix and fill patty pans lined with Puff Paste (p. 602) or Plain Paste (p. 605). Bake.

Amsterdam Pastry Novelties

Roll Puff Paste and cut in pieces 6 by 2 inches. Sprinkle ends with sugar mixed with cinnamon (using 3 parts sugar to 1 part cinnamon) and roll ends toward center twice. Prick unrolled part with fork, place on cooky sheet, and bake in hot oven (450° F.). Spread unrolled sections with currant jelly which has been beaten with fork until of right consistency to spread evenly. Over jelly arrange 1-inch sections of canned peaches. If peaches are not soft, cook in their own sirup with a small quantity of sugar.

Banbury Tarts

1 cup seeded raisins, chopped
1 cup sugar
1 egg, slightly beaten
1 tablespoon cracker crumbs
Juice and grated rind 1 lemon

Mix raisins, sugar, egg, crumbs, lemon juice and rind. Roll paste ⅛ inch thick, and cut pieces 3½ inches long by 3 inches wide. Put 2 teaspoons of mixture on each piece. Moisten edge halfway round with cold water, fold over, press edges together with 3-tined fork first dipped in flour. Bake 20 minutes in moderate oven (350° F.).

Banbury Tarts with Cheese

Place a thin square of cheese on filling before folding over Banbury Tarts. Start baking in hot oven (450° F.), reducing heat after 5 minutes to moderate (350° F.).

Cheese Cakes

1 cup sweet milk
1 cup sour milk
1 cup sugar
4 egg yolks, slightly beaten
Juice and grated rind 1 lemon
¼ cup almonds, blanched and chopped
¼ teaspoon salt

Scald sweet and sour milk, strain through cheesecloth. To curd add sugar, egg yolks, lemon, and salt. Line patty pans with paste, fill with mixture, and sprinkle with chopped almonds. Bake (To Bake Pies, p. 608).

Cherry Tartlets

¾ cup canned cherry juice
2 tablespoons sugar
1 tablespoon cornstarch
Canned cherries

Mix sugar and cornstarch, add juice. Cook until thick, stirring constantly, then cook 20 minutes over hot water. Cool slightly. Fill Tartlet Cases (p. 628) with cherries, pour over mixture and chill. Top with whipped cream, and sprinkle with chopped pecan nut meats.

Coconut Fluffs

½ cup shredded coconut
¾ cup milk
½ tablespoon cornstarch
1 tablespoon cold water
1 egg
¼ cup sugar
1 tablespoon flour
⅛ teaspoon salt
1 tablespoon butter
½ teaspoon vanilla

Soak coconut 1 hour in ¼ cup milk, heat in double boiler, and add gradually cornstarch diluted with water, while stirring constantly. Cook until mixture thickens, stirring constantly. Add egg yolk mixed with sugar, flour, salt, and remaining milk. Cook 15 minutes, stirring constantly until mixture thickens, afterwards occasionally. Add butter and vanilla. Fold in egg white beaten stiff. Fill Tartlet Cases (p. 628) with mixture and cover with baked pastry tops.

Coconut Tea Cakes

Shape Puff Paste (p. 602) or Plain Paste (p. 605) in rounds or with lady-finger cutter. Bake until nearly done, remove from oven, cool

slightly. Brush with beaten egg white, sprinkle with shredded coconut, and finish baking.

Condés

2 egg whites
¾ cup powdered sugar
⅔ cup almonds, blanched and finely chopped

Beat egg whites until stiff, add sugar gradually, then almonds. Cut Puff Paste (p. 602) in strips 3½ inches long by 1½ inches wide. Spread with mixture; avoid having it come close to edge. Dust with powdered sugar and bake 15 minutes in moderate oven (350° F.).

Cream Horns

Roll Puff Paste (p. 602) in long rectangular piece, ⅛ inch thick. Cut in strips ¾ inch wide. Roll paste over forms bought for the purpose, having edges overlap. Bake in hot oven (450° F.) until well puffed and slightly browned. Brush over with egg white slightly beaten and diluted with 1 teaspoon water, then sprinkle with sugar. Finish baking in moderate oven (350° F.) and remove from forms. Cool, fill with Cream Filling (p. 690) or whipped cream.

Florentine Meringue

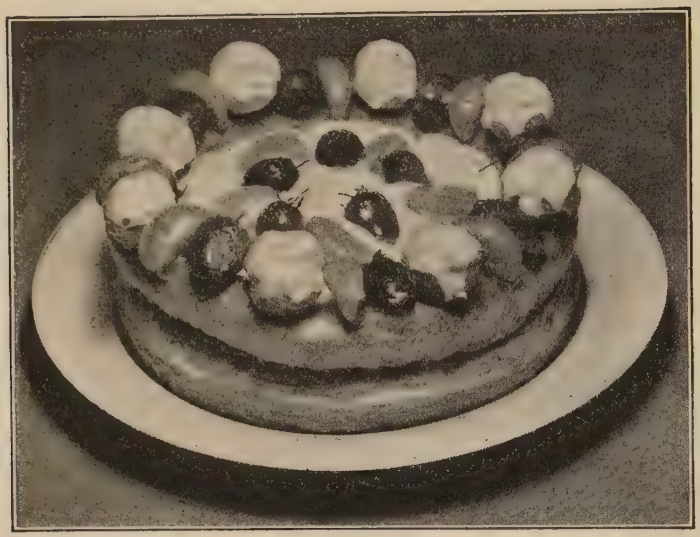
Roll Puff (p. 602) or Plain Paste (p. 605) ⅛ inch thick; cut a piece 10 inches long by 7 inches wide; place on cooky sheet, wet edges, and put on a half-inch rim. Prick with fork 6 times and bake. Cool and spread with jam, cover with Meringue II (p. 609) and almonds blanched and shredded; sprinkle with powdered sugar and bake until delicately brown.

Galettes

Roll Puff (p. 602) or Plain Paste (p. 605) ⅛ inch thick. Shape with an oblong or lady-finger cutter 3½ inches long by 1¾ inches wide. Brush over with egg white and sprinkle with cinnamon and sugar. Bake.

Lemon or Orange Sticks

Cut Puff (p. 602) or Plain Paste (p. 605) rolled ⅛ inch thick in strips 5 inches long by 1 inch wide and bake. Put together in pairs with Lemon or Orange Filling (p. 691).



Gâteau

Puff Paste (p. 602)
Cream Puff mixture (p. 658)
Glacé fruits (p. 710)
Jam or marmalade
White Mountain Cream Filling (p. 690)

Cut out a circle of Puff Paste 9 inches in diameter and prick several times. Put a border of Cream Puff mixture around edge, using pastry bag and plain tube. Shape remaining Cream Puff mixture in tiny balls. Bake in hot oven (450° F.) reducing heat when gâteau is well risen. Cool and spread center of gâteau with jam or marmalade. Cover with filling and decorate with glacéed fruit and tiny cream puffs, frosted.

Lemon Tartlets

Fill Tartlet Cases (p. 628) with Lemon Pie I (p. 615) mixture, cover with Meringue II (p. 609), and bake.

Malaga Boats

Cover bottom of Pastry Boats (p. 626) with marmalade and on marmalade arrange three or four Malaga grapes cooked in sirup

5 minutes. For the sirup boil ½ cup, each, of sugar and water 5 minutes.

Marguerite Squares

1½ cups sugar
½ cup water
12 marshmallows, cut in eighths
2 egg whites
¼ cup shredded coconut
⅓ cup seeded raisins
¼ teaspoon vanilla

Boil sugar and water until it threads, add marshmallows, pour gradually on egg whites beaten stiff, while beating constantly. When thoroughly blended, add coconut, raisins, and vanilla. Bake 2-inch squares of Puff Paste (p. 602) until delicately brown. Spread nearly to edge with mixture and finish baking.

Mont Blanc

Cut Puff Paste (p. 602) in 3 pieces 12 by 3 inches. Bake, cut in quarters crosswise, using sharp knife. Arrange 4 in square shape on serving dish, leaving a small space between each. Cover with fresh or canned fruit; cover fruit with pastry squares and pastry squares again with fruit; repeat. Spread sides with whipped cream, forced through pastry bag and tube, and chopped pistachio nuts.

Napoleons

Bake 3 sheets of pastry, pricking before baking. Put between the sheets Cream Filling (p. 690), spread top with Confectioners' Frosting (p. 697), sprinkle with pistachio nuts blanched and chopped, crease in pieces about 2½ by 4 inches, and cut with sharp knife.

Nut Pastry Sticks

Cut Plain Paste (p. 605) in strips 5 inches long by 1 inch wide, using a pastry jagger. Bake. Cool slightly, brush over with egg white, slightly beaten and diluted with 1 teaspoon cold water. Sprinkle generously with chopped pecan nut meats, return to oven, and bake 2 minutes.

Orange Hearts

Roll Puff Paste (p. 602) ¼ inch thick, shape with heart-shaped cutter dipped in flour, and bake. Split, fill with orange marmalade, cover tops with Orange Frosting (p. 699 or 701), and sprinkle around edge a border of chopped, candied orange peel.

A TRAY OF PASTRIES

Nut Pastry Rolls

Cut paste in pieces 5 by 3 inches. Spread with jelly which has been beaten with a fork until of right consistency to spread, sprinkle with chopped pecan nut meats, and roll each piece separately like a jelly roll. Place on cooky sheet, having edges of rolls on bottom, to keep them from unrolling. Bake.

Palm Leaves

Roll Puff Paste (p. 602) ⅛ inch thick; sprinkle ½ surface with powdered sugar; fold, press edges together, pat, and roll out, using sugar for dredging board; repeat 3 times. After the last rolling, fold 4 times. The pastry should be in long strip 1½ inches wide. From the end, cut pieces 1 inch wide; place on cooky sheet, cut side down, 1 inch apart, and separate layers of pastry at one end to suggest a leaf. Bake 8 minutes in hot oven (450° F.); these will spread while baking.

Pastry Boats

Roll Puff (p. 602) or Plain Paste (p. 605) ⅛ inch thick, line individual boat-shaped tins, prick, line with wax paper, and half fill with rice or barley, to keep pastry in desired shape. Bake. Remove from tins, discard paper and rice, and fill and garnish as desired.

Pastry Stars

Cut Puff Paste (p. 602) in 3-inch squares. Make a 1½-inch cut from 4 corners on diagonal of squares and fold alternate corners to center in such a way as to make star shapes. Bake. Cool, press down centers, and fill with any jelly, jam, or Cream Filling (p. 690). Brush points with egg white and sprinkle with chopped nuts.

Peach Praline

Put 2 tablespoons Praline Cream (p. 690) in each Tartlet Case (p. 628), on cream place half a canned peach poached in its sirup, cover with Meringue II (p. 609), and bake until delicately browned.

Peach Tartlet (Calvé Tart)

Place half a canned peach in Tartlet Case (p. 628). Fill cavity with a blanched Jordan almond. Garnish with whipped cream.

Pineapple Circles

Roll paste ¼ inch thick, cut in circles same size as pineapple slices, arrange on cooky sheet, prick, and bake. Put together in pairs with Cream Filling (p. 690). Place a slice of pineapple on each and garnish centers with halves of candied cherries. Pineapple may be cooked in its own sirup until soft.

Pineapple Tartlets

¾ cup sugar
2 tablespoons flour
½ cup water
1 cup crushed pineapple
2 egg yolks, slightly beaten
¼ teaspoon salt

Mix sugar and flour. Pour on water gradually, while stirring constantly. Boil 5 minutes. Add pineapple, egg yolks, and salt. Fill Tartlet Cases (p. 628). Cover with Meringue I (p. 608) and bake until delicately brown.

Polish Tartlets

Cut Puff (p. 602) or Plain Paste (p. 605) in 2½-inch squares; wet corners, fold toward center, and press lightly. Bake. Cool, press down centers, and fill, using marmalade or jelly.

Swedish Tea Circles

Roll Paste ⅓ inch thick, spread generously with chopped, blanched Jordan almonds, mixed with sugar, using half as much sugar as nut meats. Pat and roll ⅛ inch thick, and shape with a small, round cutter dipped in flour. Bake 8 minutes in hot oven (450° F.).

Tarts

Make small Patty Shells (p. 603), using Puff Paste or Plain Paste. To glaze, brush tops with beaten egg yolk diluted with 1 teaspoon water. Cool and fill with jam, jelly, or Cream Filling (p. 690).

Tartlet Cases

Cut Puff Paste or Plain Paste in rounds of size to cover inverted patty pans. Cover outside of pans, prick several times, and bake in hot oven (450° F.).

Turnovers

Cut Plain Paste (p. 605) in 4-inch squares. Lay 1 tablespoon filling on half, wet edges with cold water, fold over, and press edges together lightly. Prick. Bake 15 minutes in hot oven (450° F.). For filling, use any pie filling, jam, jelly, preserved or cooked fruit, sliced apple, applesauce, or mincemeat, etc.

Venetian Boats

¼ cup butter
¼ cup brown sugar
2 egg yolks, beaten until thick
¼ cup molasses
¼ cup milk
1⅛ cups flour
¼ teaspoon soda
¼ teaspoon clove
⅛ teaspoon grated nutmeg
Few grains cayenne
Few gratings lemon rind
½ cup chopped pecan nut meats

Cream butter, add sugar gradually, egg yolks, molasses, milk, and flour mixed with soda and seasonings. Line small boat-shaped tins with Puff Paste (p. 602). Half fill with mixture, sprinkle with nut meats, and bake.

Danish Pastry

¼ cup sugar
4 tablespoons butter
1 teaspoon salt
1 cup scalded milk
1 to 2 yeast cakes, dissolved in 3 tablespoons warm water
1 egg, well beaten
¼ teaspoon vanilla
¼ teaspoon mace
Flour
⅞ cup butter, washed

Put sugar, 4 tablespoons butter, salt, and milk in bowl. When lukewarm, add dissolved yeast cakes, egg, flavorings, and 1½ cups flour. Beat well, add 1 cup flour, stir with knife until well mixed, add sufficient flour to knead, keeping dough as soft as possible. Let rise until double in bulk, roll out ¼ inch thick. Divide washed butter in small bits, place half in center of strip of dough. Fold over 1 end of dough to cover butter, place remaining butter on top, and fold over other end of dough, pressing edges firmly together. Turn ¼ way round, pat with rolling pin and roll as thin as possible, lifting it frequently to keep from sticking. Fold each end to center, pat, fold to make 4 layers, turn ¼ way round and pat, lift, roll, and fold 3 times. Cover and let rise 20 minutes. Roll, shape as desired, let rise half an hour but not until double in bulk. Bake 5 minutes in very hot oven (500° F.). Reduce heat to moderate (350° F.) and bake 15 to 20 minutes, according to size. Decorate as desired.

Pinwheels

Roll Danish Pastry ½ inch thick, cut in 4-inch squares, and make cut from each corner almost to center. Fold each alternate point to center, pressing down firmly. Place on buttered cooky sheet, put jam in center, brush with beaten egg, sprinkle with nut meats, let rise, bake, and brush with Confectioners' Frosting (p. 697).

Horns

Cut Danish Pastry in triangles 5 inches long and 3 inches wide at base. Put on a little jam or Cream Filling (p. 690). Press long edges firmly together, shape like horns, brush with egg, let rise, and bake. Brush with Confectioners' Frosting (p. 697) and sprinkle with nut meats cut in pieces.

CHAPTER 39

GINGERBREADS

Chicken fat (tried out and clarified) or any good cooking fat may be used in place of butter in any gingerbread recipe.

Hot Water Gingerbread

1 cup molasses
½ cup boiling water
2¼ cups flour
1 teaspoon soda
1½ teaspoons ginger
½ teaspoon salt
4 tablespoons melted butter or other shortening

Add water to molasses. Mix and sift dry ingredients, combine mixtures, add butter, and beat vigorously. Pour into buttered shallow pan and bake 30 minutes in moderate oven (350° F.).

Sour Milk Gingerbread

1 cup molasses
1 cup sour milk
2⅓ cups flour
1¾ teaspoons soda
2 teaspoons ginger
½ teaspoon salt
4 tablespoons melted butter

Mix sour milk and molasses. Sift together dry ingredients, combine mixtures, add butter, and beat vigorously. Pour into buttered shallow pan and bake 30 minutes in moderate oven (350° F.).

Boston Gingerbread

Add 1 egg, well beaten, and ¼ cup shortening to Sour Milk Gingerbread.

Cambridge Gingerbread

⅓ cup butter
⅔ cup boiling water
1 cup molasses
1 egg, well beaten
2¾ cups flour
1½ teaspoons soda
½ teaspoon salt
1 teaspoon cinnamon
1 teaspoon ginger
¼ teaspoon clove

Melt butter in water, add molasses, egg, and dry ingredients mixed and sifted. Bake in buttered shallow pan 35 to 40 minutes; in greased muffin pans 20 to 35 minutes. Moderate oven (350° F.).

Soft Molasses Gingerbread

1 cup molasses
⅓ cup butter
½ cup sour milk
1 egg, well beaten
2 cups flour
2 teaspoons ginger
1¾ teaspoons soda
½ teaspoon salt

Put butter and molasses in saucepan and cook until boiling point is reached. Add milk, egg, and remaining ingredients mixed and sifted. Beat vigorously. Fill buttered small tins ⅔ full. Bake 15 minutes in moderate oven (350° F.).

Apple Gingerbread

Make sirup of ½ cup sugar and ½ cup water. Peel, core, and quarter tart apples and cook slightly in sirup. Arrange in buttered baking pan. Pour over any gingerbread mixture. Bake, cut in squares, and serve with whipped cream.

Cheese Gingerbread

Split hot gingerbread. Whip cream, fold in grated cheese to taste, and spread between and on top.

Marshmallow Gingerbread

Remove gingerbread from pan, cut in halves crosswise, and put marshmallows, cut in halves, between layers. Cut in squares and serve with whipped cream.

Soft Sugar Gingerbread

2 eggs
1 cup sugar
1¾ cups flour
3 teaspoons baking powder
½ teaspoon salt
1½ teaspoons ginger
⅔ cup thin cream

Beat eggs until light and add sugar gradually. Mix and sift dry ingredients and add alternately with cream to first mixture. Turn into buttered cake pan, and bake 30 minutes in moderate oven (350° F.).

Shubert Gingerbread

2 cups bread flour
½ cup butter
½ cup sugar
1 egg, well beaten
½ cup sour milk
½ teaspoon soda
½ teaspoon ginger
½ teaspoon grated nutmeg
¼ teaspoon cinnamon

Work flour and butter together, using hands, until thoroughly mixed; add sugar and again work together until crumbly. Reserve 1 cup of mixture and to the rest add egg, and sour milk mixed with soda and spices. Butter shallow cake pan and sprinkle evenly with half the reserved crumbs. Spread over batter, sprinkle with remaining crumbs, and bake in moderate oven (350° F.). Cut in squares or finger-shaped pieces while still hot and remove from pan.

Keswick Gingerbread

¼ pound butter — ¼ pound brown sugar
¼ pound flour — ½ teaspoon ginger
1 ounce candied lemon peel

Work butter into flour, using hands. When well mixed, add sugar, ginger, and lemon peel cut in small pieces, mixing with hands. Reserve ½ cup. Press 2½ inches thick into a buttered pan, and sprinkle with reserved mixture. Bake in moderate oven (350° F.), cut in squares, and let stand until cold; then remove from pan.

Gossamer Gingerbread

⅓ cup butter — ½ cup milk
1 cup sugar — 1⅞ cups flour
1 egg, well beaten — 3 teaspoons baking powder
1 teaspoon yellow ginger

Cream butter, add sugar gradually, then egg. Add milk and dry ingredients mixed and sifted. Spread in buttered dripping pan as thin as possible, using back of mixing spoon. Bake 30 minutes in moderate oven (350° F.). Sprinkle with sugar and cut in small squares or diamonds before removing from pan.

Fairy Gingerbread

½ cup butter — ½ cup milk
1 cup light brown sugar — 1⅞ cups bread flour
2 teaspoons ginger

Cream butter, add sugar gradually, and milk very slowly. Mix and sift flour and ginger and combine mixtures. Spread very thin with broad, long-bladed knife on buttered, inverted dripping pan. Bake in moderate oven (350° F.). Cut in squares before removing from pan. Watch carefully and turn pan frequently during baking, that all may

be evenly cooked. If mixture around edge of pan is cooked before that in the center, pan should be removed from oven, cooked part cut off, and the rest returned to oven to finish cooking.

Hard Sugar Gingerbread

¾ cup butter
1½ cups sugar
¾ cup milk
5 cups flour
¾ tablespoon baking powder
1½ teaspoons salt
¾ tablespoon ginger

Cream butter, add sugar gradually, milk, and dry ingredients mixed and sifted. Put some of mixture on an inverted dripping pan and roll as thinly as possible to cover pan. Mark dough with a coarse grater. Sprinkle with sugar and bake in moderate oven (350° F.). Before removing from pan, cut in strips 4½ by 1½ inches.

Christmas English Gingerbread

1 pound flour
½ pound butter
1 cup sugar
1 tablespoon ginger
1 teaspoon salt
Molasses

Mix flour, sugar, ginger, and salt. Work in butter with pastry mixer or finger tips, and add just enough molasses to hold ingredients together. Let stand overnight to get thoroughly chilled. Roll very thin, cut out as desired, and bake in moderate oven (350° F.).

Card Gingerbread

⅓ cup butter
⅓ cup brown sugar
1 egg, well beaten
½ cup molasses
1¾ cups flour
½ tablespoon ginger
¾ teaspoon salt
½ teaspoon soda
¼ teaspoon cinnamon

Cream butter, add sugar gradually, egg, molasses, and flour mixed and sifted with ginger, salt, soda, and cinnamon. Chill, roll ¼ inch thick, bake in moderate oven (350° F.) on buttered sheet, and cut in squares.

New York Gingerbread (p. 677)

Ginger Snaps (p. 636)

CHAPTER 40

COOKIES, WAFERS, AND OTHER SMALL CAKES

Most cooky mixtures may be used in all the ways listed below by increasing or decreasing the amount of liquid used.

DROPPED COOKIES BEFORE AND AFTER BAKING

Dropped Cookies. Drop from tip of spoon 1 inch apart on buttered sheet. Flatten with knife or fork dipped in cold water. If slightly more firm, make into small balls, arrange on buttered sheet, flatten slightly with knife, and bake.

Spread Cookies. Spread mixture on buttered cooky sheet or inverted dripping pan and cut in squares after baking.

Rolled Cookies. Chill thoroughly before handling. Otherwise more flour must be added, which makes cookies less tender. If large amount is being used, roll part at a time, keeping rest in refrigerator until needed. Roll lightly and quickly on slightly floured board or cloth until ¼ inch thick. Cut out with floured cutter and arrange (with spatula) on buttered cooky sheet.

Refrigerator Cookies. Any cooky mixture firm enough to roll may be shaped into a long roll or several small sausagelike ones, wrapped

A VARIETY OF REFRIGERATOR COOKIES

in waxed paper, and kept in refrigerator until needed. A few cookies may be sliced off with a sharp, thin knife as wanted. Bake on buttered sheet. The same foundation mixture may be varied by the addition of melted chocolate, nuts, or coloring.

Filled Cookies. Simple sugar or oatmeal cookies may be put together in pairs (before baking) with jam, jelly, mincemeat, or Banbury Tart Filling (p. 621).

To Decorate Cookies

Before baking, arrange on top nut meats, raisins, currants, coconut, citron, Angelica, plain or colored sugar, a bit of date, fig, candied fruit, or fruit peel, etc.

After baking, spread with melted chocolate or frosting, plain or colored, and decorate with nut meats, fruit, colored candies, etc.

To Bake Cookies

Bake most cookies in moderately hot oven (375° F.). Bake fruit, molasses, oatmeal, and chocolate cookies in moderately slow oven (325° F.). Special temperatures are given with recipes.

Ginger Snaps

⅛ cup molasses
3 tablespoons shortening
1 cup flour
⅙ teaspoon soda
1 teaspoon ginger
½ teaspoon salt

Heat molasses to boiling point and pour over shortening. Add dry ingredients, mixed and sifted. Add 1 to 2 tablespoons flour if necessary. Chill, roll (p. 634) and bake 8 to 10 minutes in moderate oven (350° F.).

Molasses Cookies

1 cup molasses
½ cup shortening, butter and lard mixed
2½ cups bread flour
1 tablespoon ginger
1 tablespoon soda
2 tablespoons warm milk
1 teaspoon salt

Heat molasses to boiling point, add shortening, ginger, soda dissolved in warm milk, salt, and flour. Chill, roll, and bake (pp. 634, 635).

Soft Molasses Cookies

1 cup molasses
1¾ teaspoons soda
1 cup sour milk
½ cup shortening, melted
2 teaspoons ginger
1 teaspoon salt
Flour

Add soda to molasses and beat thoroughly; add milk, shortening, ginger, salt, and enough flour to make mixture of right consistency to drop easily from spoon. Chill, roll (p. 634), and bake in moderate oven (350° F.).

Sour Cream Molasses Cookies

¾ cup shortening
¾ cup brown sugar
¾ cup molasses
2 eggs, well beaten
¾ cup sour cream
1 tablespoon soda
1 tablespoon salt
½ tablespoon ginger
Flour

Work shortening and sugar together until creamy; then add molasses, eggs, sour cream mixed with soda, salt, and ginger, and flour enough to make a soft dough. Chill, roll ½ inch thick (p. 634), and bake in moderate oven (350° F.).

Spice Cookies

½ cup molasses
¼ cup sugar
1½ tablespoons butter
1½ tablespoons lard
1 tablespoon milk
2 cups flour
½ teaspoon soda
½ teaspoon salt
½ teaspoon clove
½ teaspoon cinnamon
½ teaspoon nutmeg

Heat molasses to boiling point. Add sugar, shortening, and milk. Mix and sift dry ingredients and add to first mixture. Chill, roll, and bake (pp. 634, 635).

Walnut Molasses Bars

¼ cup butter
¼ cup lard
¼ cup boiling water
½ cup brown sugar
½ cup molasses
1 teaspoon soda
3 cups flour
½ tablespoon ginger
⅓ teaspoon grated nutmeg
⅛ teaspoon clove
1 teaspoon salt
Chopped walnut meats

Pour water over butter and lard, add sugar, molasses mixed with soda, flour, salt, and spices. Chill, roll (p. 634), cut in strips 3½ by 1½ inches. Sprinkle with nut meats and bake 10 minutes in moderately slow oven (325° F.).

Sugar Cookies I (Sweet Milk)

½ cup butter
1 cup sugar, white, brown, or maple
2 eggs, well beaten
½ teaspoon salt
2 teaspoons baking powder
1 teaspoon vanilla or lemon extract
1 tablespoon milk
Flour (about 1½ cups)

Cream butter, add sugar, eggs, milk, and 1 cup flour mixed and sifted with baking powder and salt. Add enough more flour to make of right consistency. Chill, roll, sprinkle with sugar, and bake (pp. 634, 635).

For variety, flavor with nutmeg or cinnamon, or add chopped candied ginger or chopped nut meats to mixture. For other suggestions, see p. 635.

Sugar Cookies II (Sour Milk)

½ cup butter
1 cup sugar
1 egg, well beaten
¼ teaspoon soda
½ cup sour milk
¼ teaspoon salt
Flour

Cream butter, add sugar gradually, egg, soda mixed with milk, salt, and flour to make soft dough. Chill, roll, and bake (pp. 634, 635).

Refrigerator Cookies

1 cup butter
½ cup brown sugar
½ cup white sugar
1 egg, slightly beaten
2 cups pastry flour
½ teaspoon soda
¼ teaspoon salt
½ teaspoon vanilla
½ cup nut meats, broken in pieces, or
½ cup raisins, or ½ cup coconut

Cream butter, add sugar, egg, flour, soda, flavoring, and nuts. Form in rolls, chill, slice, and bake (pp. 634, 635) in hot oven (400° F.). For variety, flavor with nutmeg or cinnamon, or omit nuts, coconut, or raisins and color with food coloring.

Vanilla Wafers

⅓ cup butter and lard, in equal proportions
1 cup sugar
1 egg, well beaten
¼ cup milk
2 cups flour
2 teaspoons baking powder
½ teaspoon salt
2 teaspoons vanilla

Cream shortening, add sugar, egg, milk, and vanilla. Mix and sift dry ingredients and add to first mixture. Chill, roll, and bake (pp. 634, 635).

Rich Cookies

½ cup butter
⅓ cup sugar
1 egg, well beaten
1¼ cups flour
½ teaspoon vanilla
Raisins, nuts, or citron

Cream butter, add sugar gradually, egg, flour, and vanilla. Spread, or drop from tip of spoon. If dropped, spread thinly with knife first dipped in cold water. On each cooky, put Sultana raisins, almonds blanched and cut in strips, or citron cut in small pieces. Bake (p. 635).

Cream Cookies I

⅛ cup butter
1 cup sugar
2 eggs
½ cup thin cream
2 teaspoons baking powder
1 teaspoon salt
2 teaspoons yellow ginger
Flour to roll

Mix and bake like Vanilla Wafers.

Cream Cookies II

2 eggs, beaten until light
1 cup sugar
1 cup thick cream
3 cups flour
3 teaspoons baking powder
1 teaspoon salt

To eggs add sugar gradually, cream, and flour mixed and sifted with baking powder and salt. Chill, roll, and bake (pp. 634, 635).

Sour Cream Cookies

Make like Cream Cookies, substituting sour for sweet cream and adding ¼ teaspoon soda.

Coconut Cream Cookies

Add ½ cup shredded coconut to Cream Cookies II before chilling.

Seed Cakes

Add 1½ tablespoons caraway seeds to Cream Cookies II.

Jelly Jumbles

Cut out any sugar cooky in rounds. On centers of half the pieces put currant jelly. Make 3 small openings in remaining halves with thimble, and put pieces together. Press edges slightly. Bake in moderately hot oven (375° F.).

Sand Tarts

½ cup butter
1 cup sugar
1 egg, well beaten
1¾ cups flour
2 teaspoons baking powder
1 egg white
Blanched almonds
1 tablespoon sugar
¼ teaspoon cinnamon

Cream butter, add sugar gradually, egg, and flour mixed and sifted with baking powder. Chill, roll ⅛ inch thick, and shape with doughnut cutter. Brush over with egg white and sprinkle with sugar mixed with cinnamon. Split almonds and arrange 3 halves on each cooky at equal distances. Place on buttered sheet and bake 8 minutes in moderately slow oven (325° F.).

Almond Cookies

½ cup butter
1 egg, well beaten
⅓ cup almonds, blanched and finely chopped
½ cup sugar
½ tablespoon cinnamon
Clove, Nutmeg } ½ tablespoon each
Grated rind ½ lemon
2 cups flour

Cream butter, add egg, almonds, sugar, and spices mixed and sifted with flour. Chill, roll (p. 634), and bake in moderately slow oven (325° F.).

Orange Circles

3 tablespoons butter
⅔ cup sugar
Juice 1 orange
Grated rind 1 orange
Few grains salt
1¾ cups flour

Work butter and grated rind until creamy, using wooden spoon. Add sugar gradually, continuing beating; add salt, orange juice, and flour, a little at a time. Chill, roll ⅛ inch thick (p. 634) and bake on cooky sheet covered with buttered paper, in moderate oven (350° F.).

Card Cakes

⅓ cup butter
1 cup powdered sugar
2 eggs, well beaten
1 cup flour
⅛ teaspoon salt
Jordan almonds
1 tablespoon breakfast cocoa
2 tablespoons sugar
¼ teaspoon powdered cinnamon
¼ teaspoon vanilla
Shredded coconut

Cream butter, add powdered sugar, eggs, flour, and salt. Spread mixture on bottom of buttered inverted dripping pan, decorate with almonds blanched and cut in strips, and bake in moderately slow oven (325° F.). Before removing from pan, cut in desired shape, using heart, spade, and diamond-shaped cutters. To give variety, divide mixture in halves. To half add 2 tablespoons sugar, cocoa, cinnamon, and vanilla, then spread on pan and sprinkle with shredded coconut.

Boston Cookies

⅓ cup butter
½ cup sugar
1 egg, well beaten
⅓ teaspoon soda
1 teaspoon hot water
1 cup flour
Few grains salt
½ teaspoon cinnamon
⅓ cup chopped nut meats
⅓ cup seeded raisins, chopped

Cream butter, add sugar gradually, and egg. Add soda dissolved in hot water, and half the flour mixed and sifted with salt and cinnamon; then add nut meats, fruit, and remaining flour. Drop by spoonfuls 1 inch apart on buttered sheet and bake in moderate oven (350° F.).

Chocolate Cookies I

Add 2 squares melted chocolate or ⅓ cup cocoa to Sugar Cookies I or II (p. 637), or Refrigerator Cookies (p. 638).

Chocolate Cookies II

½ cup butter
1 cup sugar
1 egg, well beaten
¼ teaspoon salt
2 squares chocolate, melted
2⅓ cups flour
2 teaspoons baking powder
¼ cup milk

Cream butter, add sugar gradually, egg, salt, and chocolate. Beat well, and add flour, mixed and sifted with baking powder, alternately with milk. Chill, roll (p. 634), and bake in moderately slow oven (325° F.).

German Chocolate Cookies

2 eggs, lightly beaten
1 cup brown sugar
2 ounces sweet chocolate, grated
¼ teaspoon cinnamon
½ teaspoon salt
Grated rind ½ lemon
1⅓ cups almonds, blanched and chopped
1 cup flour
1 teaspoon baking powder

Add sugar gradually to eggs and continue beating. Add remaining ingredients. Drop from tip of spoon on buttered cooky sheet and bake in moderately slow oven (325° F.).

Chocolate Fruit Cookies

¼ cup butter
½ cup sugar
2 tablespoons grated chocolate
1 tablespoon sugar
1 tablespoon boiling water
1 egg
½ cup nut meats, finely chopped
½ cup seeded raisins, finely chopped
1 cup flour
1 teaspoon baking powder

Cream butter and add ½ cup sugar, gradually. Melt chocolate, add remaining sugar and water, and cook 1 minute. Combine mixtures and add remaining ingredients. Chill, roll, and bake (pp. 634, 635).

Chocolate Walnut Wafers

½ cup butter
1 cup sugar
2 eggs, well beaten
2 squares chocolate, melted
1 cup chopped walnut meats
¼ teaspoon salt
¼ teaspoon vanilla
⅔ cup flour

Cream butter and add sugar gradually; add other ingredients in order given. Drop from tip of spoon on a buttered cooky sheet 1 inch apart and bake in moderate oven (350° F.).

Peanut Cookies

2 tablespoons butter
¼ cup sugar
1 egg, well beaten
1 teaspoon baking powder
¼ teaspoon salt
½ cup flour
2 teaspoons milk
½ cup finely chopped peanuts
½ teaspoon lemon juice

Cream butter, add sugar and egg. Mix and sift baking powder, salt, and flour; add to first mixture; then add milk, peanuts, and lemon juice. Drop from teaspoon on buttered cooky sheet 1 inch apart and place half a peanut on top of each. Bake 12 to 15 minutes in moderately slow oven (325° F.).

Peanut Wafers

¾ cup butter
1½ cups light-brown sugar
1 egg, well beaten
½ teaspoon salt
½ teaspoon soda
3 tablespoons milk
1 cup peanuts, chopped
Flour (about 3 cups)

Cream butter and add sugar gradually. Add egg, salt, and soda dissolved in milk. Add half the peanuts to mixture. Add flour to roll. Put a part of the mixture on a well-greased and slightly floured cooky sheet or inverted dripping pan and pat and roll ⅛ inch thick; sprinkle with peanuts and bake in hot oven (400° F.). Cut in strips 1 by 3 inches. Repeat until mixture is used.

Oatmeal Cookies I (Scotch Wafers)

1 cup fine oatmeal
1 cup rolled oats
2 cups flour
¼ cup sugar
1 teaspoon salt
⅛ teaspoon soda
¼ cup shortening
½ cup hot water

Mix first 6 ingredients. Melt shortening in water and add to first mixture. Chill, roll as thin as possible, and cut with cutter or in strips with a sharp knife. Bake on buttered cooky sheet in moderately slow oven (325° F.).

Oatmeal Cookies II

1 egg, beaten until light
¼ cup sugar
¼ cup thin cream
¼ cup milk
½ cup fine oatmeal
2 cups flour
2 teaspoons baking powder
1 teaspoon salt

Add sugar, cream, and milk to egg. Add oatmeal and flour, baking powder, and salt, mixed and sifted. Chill, roll (p. 634), and bake in moderate oven (350° F.).

Nut Oatmeal Cookies

¼ cup butter
¼ cup lard or other shortening
1 cup sugar
1 egg, well beaten
5 tablespoons milk
1¾ cups rolled oats
½ cup seeded raisins, cut in pieces
½ cup chopped nut meats
1½ cups flour
½ teaspoon salt
½ teaspoon soda
¾ teaspoon cinnamon
½ teaspoon clove
½ teaspoon allspice

Cream shortening, and add sugar gradually; then add egg, milk, rolled oats, raisins, and nut meats. Mix and sift flour with remaining ingredients and add to first mixture. Drop from tip of spoon on buttered cooky sheet 1 inch apart and bake 15 minutes in moderate oven (350° F.).

Scottish Fancies

1 egg, beaten until light
½ cup sugar
⅔ tablespoon melted butter
1 cup rolled oats
⅓ teaspoon salt
¼ teaspoon vanilla

Add sugar gradually to egg and stir in remaining ingredients. Drop mixture by teaspoonfuls on thoroughly greased cooky sheet 1½ inches apart. Spread into circular shape with a fork dipped in cold water. Bake in moderately slow oven (325° F.) until delicately browned. For variety use ⅔ cup rolled oats and fill cup with shredded coconut. After baking, these cookies may be rolled over handle of wooden spoon, while still warm.

Hermits

1½ cups sugar
½ cup butter
2 eggs, well beaten
1 teaspoon salt
1 teaspoon soda in
½ cup sour milk
3 cups flour
1 teaspoon cinnamon
½ teaspoon clove
½ teaspoon nutmeg
1 cup nuts and raisins, cut fine, or
1 cup mincemeat

Cream butter, add sugar, eggs, salt, soda in milk, flour sifted with spices, and nuts and raisins or mincemeat. Drop by spoonfuls on buttered cooky sheet. Bake in moderately slow oven (325° F.).

Rocks

3 eggs, well beaten
1½ cups sugar
1 teaspoon cinnamon
1 teaspoon soda in
¼ cup hot water
1 cup walnut meats, cut in pieces
1 cup raisins
3 cups flour
½ teaspoon salt

Mix in order given. Make into rolls, chill, slice, and shape with fingers. Bake in moderate oven (350° F.).

Cake-Crumb Hermits

2½ tablespoons shortening
½ cup brown sugar
½ cup molasses
2 eggs, beaten
½ teaspoon soda, dissolved in
1 tablespoon cold water
1½ cups flour
2 teaspoons cinnamon
½ teaspoon allspice
½ teaspoon mace
¼ teaspoon clove
¾ teaspoon salt
1½ cups fine, dry cake crumbs
¼ cup citron, cut in fine strips
¼ cup currants or raisins
¼ cup orange peel, cut in fine strips

Cream butter, add sugar slowly, then molasses and eggs. Beat thoroughly, add soda and water. Add, alternately, milk and flour sifted with spices and salt. Add remaining ingredients. Mix well. Spread ¼ inch thick in buttered dripping pans. Bake 10 to 12 minutes in moderate oven (350° F.). Cut in rectangles.

Neuremburghs

2 eggs
½ cup powdered sugar
¾ cup flour
⅓ teaspoon salt
⅓ teaspoon cinnamon
⅛ teaspoon clove
1 tablespoon orange peel, finely cut
Grated rind ½ lemon
¾ cup Jordan almonds

Beat egg whites until stiff, add sugar gradually, continuing beating. Add egg yolks well beaten, flour mixed and sifted with salt and spices, orange peel, and lemon rind. Blanch almonds, cut in small pieces crosswise, and bake in moderately slow oven (325° F.) until well browned. Fold into mixture and drop by spoonfuls on cooky sheet dredged with cornstarch and powdered sugar in equal proportions. Bake in moderate oven (350° F.).

Novel Layer Cookies

Spread any Sugar Cooky mixture in buttered tin. Beat 1 egg white, add 1 cup brown sugar and ½ teaspoon vanilla, and spread over cooky mixture. Sprinkle ¾ cup chopped walnut meats over all and press lightly. Bake 30 minutes in moderately slow oven (325° F.). Cut in squares or strips.

Nut Bars

2 tablespoons brown sugar
¼ cup butter
¼ cup boiling water
½ cup brown sugar
½ cup flour
⅛ teaspoon salt
2 tablespoons English walnut meats, finely chopped
Halves of walnuts or almonds

Caramelize 2 tablespoons sugar, add butter and water, and boil 2 minutes. Remove from fire, add remaining sugar, flour mixed with salt, and walnut meats. Spread on buttered cooky sheet, crease in 2-inch squares, and decorate with nut meats. Bake in slow oven (300° F.) and remove from pan at once.

Nut Cookies

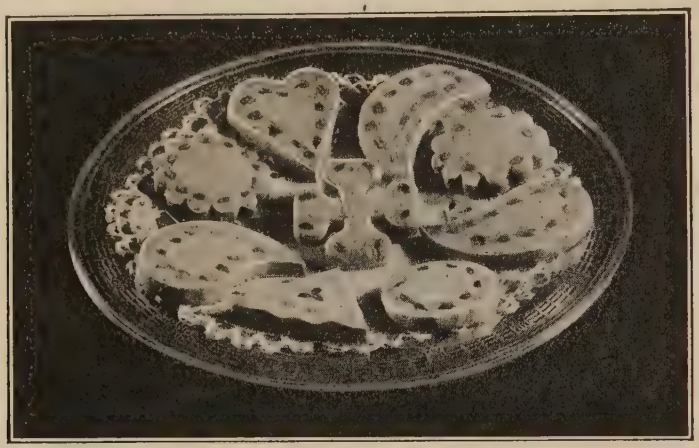
2 egg yolks
1 cup brown sugar
1 cup chopped nut meats
2 egg whites
6 tablespoons flour
Few grains salt

Beat egg yolks until thick and lemon-colored, add sugar gradually, nut meats, egg whites beaten stiff, and flour mixed with salt. Drop from tip of spoon on buttered sheet, spread, and bake in moderate oven (350° F.).

Royal Fans (Shortbread)

2 cups flour ½ cup brown sugar ¾ cup butter, washed

Mix flour and sugar. Work in butter with finger tips. Roll ⅓ inch thick, cut out 5-inch rounds. Cut rounds in quarters and mark with back of knife like fan. Brush over with egg yolk diluted with water. Bake in slow oven (325° F.).



SCOTCH SHORTBREADS CUT IN FANCY SHAPES AND DECORATED WITH TINY CANDIES

Scotch Shortbreads

1 cup butter
½ cup confectioners' sugar
2 cups bread flour
¼ teaspoon baking powder
¼ teaspoon salt

Wash butter, add sugar gradually, and flour sifted with baking powder and salt. Roll, shape, and decorate (p. 635). Bake 20 to 25 minutes in moderate oven (350° F.) or until delicately brown.

Scotch Five o'Clock Teas

¾ pound butter
6 ounces powdered sugar
1 pound bread flour

Cream butter and add sugar gradually, while beating constantly; then work in flour, using hands. Press into buttered dripping pan ½ inch thick, prick with fork at even, frequent intervals, and bake 35 minutes in moderate oven (350° F.). Cool slightly, cut in squares or oblongs, and remove from pan.

Rolled Wafers

¼ cup butter
½ cup powdered sugar
¼ cup milk
⅞ cup bread flour
½ teaspoon vanilla

Cream butter, add sugar gradually, and milk drop by drop, then add flour and flavoring. Spread very thinly with a broad, long-bladed knife on larded inverted dripping pan which has been chilled. Crease in 3-inch squares and bake in moderately slow oven (325° F.) until delicately browned. Place pan in warm place, cut squares apart with sharp knife, and roll while warm in tubular or cornucopia shape. If squares become too brittle to roll, place in oven to soften. If rolled cornucopia shape, they may be filled with whipped cream, sweetened and flavored. Colored wafers may be made from this mixture by adding green or red food coloring. If colored green, flavor with ¼ teaspoon almond and ¾ teaspoon vanilla. If colored pink, flavor with rose. Colored wafers must be baked in slower oven (300° F.) and turned frequently to be of uniform color.

English Rolled Wafers I

½ cup molasses
½ cup butter
1 cup flour (scant)
⅔ cup sugar
1 tablespoon ginger or
1 cup chopped nut meats

Heat molasses to boiling point, add butter, then slowly, stirring constantly, flour mixed and sifted with ginger and sugar. Drop small portions from tip of spoon on larded, inverted dripping pan 2 inches apart. Bake 15 minutes in slow oven (300° F.), cool slightly, remove from pan, and roll over handle of wooden spoon while warm.

English Rolled Wafers II

To English Rolled Wafers I add 1½ cups rolled oats.

Almond Wafers

Before baking Rolled Wafers, sprinkle with almonds blanched and chopped. Other nut meats or shredded coconut may be used in place of almonds.

Swedish Wafers

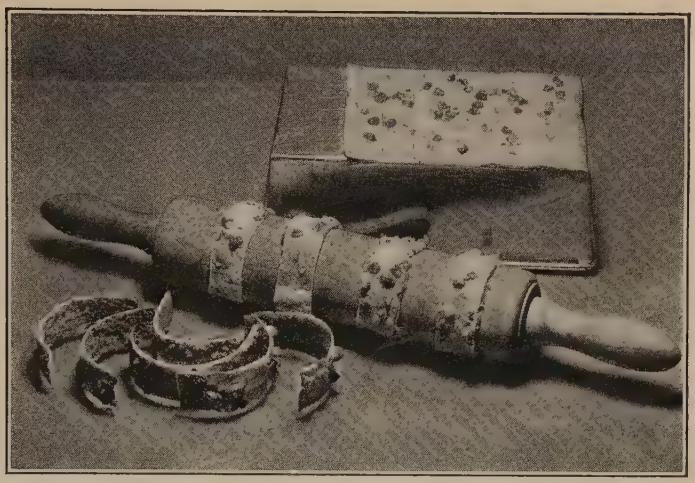
½ cup butter
½ cup sugar
2 eggs, slightly beaten
1¼ cups bread flour
¼ teaspoon vanilla
Shredded almonds

Cream butter, add sugar gradually, eggs, flour, and flavoring. Drop by spoonfuls on an inverted buttered dripping pan. Spread very thin, using a knife, in circular shapes about 3 inches in diameter. Sprinkle with almonds and bake in moderately slow oven (325° F.). Remove from pan and shape at once over handle of wooden spoon.

Swedish Nut Wafers

¼ cup shortening
¾ cup sugar
1 egg, well beaten
1⅓ cups flour
2 tablespoons milk
½ teaspoon salt
1 teaspoon baking powder
1 teaspoon vanilla
⅓ cup chopped nut meats

Cream shortening (using butter and lard or other cooking fat in equal proportions), add sugar gradually, while beating constantly; egg, milk, flour mixed and sifted with baking powder and salt, and vanilla. Spread evenly on bottom of buttered inverted bread pan, using case knife; sprinkle with nut meats and mark in strips ¾ by 4½ inches. Bake 12 minutes in moderately slow oven (325° F.).



BAKE SWEDISH NUT WAFERS A FEW AT A TIME

Cut in strips and shape over a rolling pin. If strips become too brittle to shape, return to oven to reheat and soften.

Chocolate Dominoes (Uncooked)

½ cup pecan nut meats
½ cup English walnut meats
½ cup figs
½ cup dates
Grated rind 1 orange
1 tablespoon orange juice
1 square chocolate, melted

Mix nut meats, figs, and dates, and force through food chopper, or chop finely. Add remaining ingredients, toss on board sprinkled with powdered sugar, and roll ⅓ inch thick. Cut in domino shapes, spread thinly with melted chocolate, and decorate with small pieces of blanched almonds to imitate dominoes.

Fudge Squares or Indians

2 squares chocolate, melted over hot water
½ cup butter
3 eggs, well beaten
1 cup sugar
¾ cup bread flour
½ teaspoon baking powder
½ teaspoon salt
1 cup chopped walnut meats
1 teaspoon vanilla

Add butter to chocolate, stir until melted. Add sugar slowly to eggs. Add flour sifted with baking powder and salt. Add nut meats,

vanilla, and chocolate mixture. Spread in shallow pans, bake 15 to 20 minutes in moderate oven (350° F.). Cut in squares while warm.

Brownies I

2 eggs
1¼ cups brown sugar
½ cup flour
½ teaspoon vanilla
2 squares unsweetened chocolate, melted
½ cup walnut meats, cut in pieces

Beat eggs slightly and add remaining ingredients. Spread evenly in buttered 7-inch square shallow pan and bake 20 minutes in moderately slow oven (325° F.). Cut in squares.

Brownies II

⅓ cup butter
⅓ cup powdered sugar
⅓ cup Porto Rico molasses
1 egg, well beaten
⅞ cup bread flour
1 cup pecan meats, cut in pieces

Mix ingredients in order given. Bake in small, shallow, fancy cake tins, garnishing top of each cake with ½ pecan.

Sultana Sticks

Make like Brownies I, using ¼ cup each of nut meats and Sultana raisins. Cut in finger-shaped pieces.

Date and Nut Bars I

3 eggs
1 cup sugar
2 cups dates, cut in pieces
1 cup nut meats, cut in pieces
1 cup flour
1 teaspoon baking powder
Few grains salt

Beat yolks until thick, add sugar, while beating constantly. Beat whites stiff. Sift flour with baking powder and salt and add dates and nuts. Add beaten whites and flour mixture alternately to yolks. Spread on buttered cooky sheet, bake in moderate oven (350° F.). While warm, cut in finger-shaped pieces and roll in powdered sugar.

Date and Nut Bars II

¼ cup melted butter
1 cup sugar
2 eggs, well beaten
¾ cup flour
¼ teaspoon baking powder
Few grains salt
1 cup dates, cut fine
1 cup nut meats, chopped

Mix in order given. Spread in pan lined with waxed paper. Bake 15 to 20 minutes in moderate oven (350° F.). Cut in finger-shaped pieces and roll in powdered sugar while warm.

Marshmallow Teas

Marshmallows	Unsweetened wafer crackers
Butter	Candied cherries, halved

Place 1 marshmallow on each cracker. Make deep impression in each and put in ¼ teaspoon butter. Bake until marshmallows spread and nearly cover crackers. Put piece of cherry in each cavity.

Meringues Glacées, or Kisses

4 egg whites	1¼ cups powdered sugar or
½ teaspoon vanilla	1 cup fine granulated sugar

Beat whites until stiff, add very gradually ⅔ of sugar and continue beating until mixture will hold its shape; add flavoring, then fold in remaining sugar. Shape with spoon or pastry bag and tube on cooky sheet covered with letter paper. Bake 50 minutes in very slow oven (250° F.) and remove from paper. If desired, put together in pairs. If meringues are to be filled with whipped cream or ice cream, bake on wet board covered with paper, remove soft part with spoon, and place in oven to dry.

Marguerites I

2 eggs, slightly beaten
1 cup brown sugar
½ cup flour
¼ teaspoon baking powder
⅓ teaspoon salt
1 cup pecan nut meats, cut in small pieces

Mix in order given. Fill small buttered tins ⅔ full of mixture and place pecan nut meat on each. Bake 8 to 15 minutes in moderate oven (350° F.).

Marguerites II

1½ cups sugar
½ cup water
5 marshmallows
2 egg whites
2 tablespoons shredded coconut
¼ teaspoon vanilla
1 cup English walnut meats
Saltines

Boil sugar and water until sirup will thread. Add marshmallows cut in pieces. Pour on egg whites beaten until stiff; add coconut, vanilla, and nut meats. Spread saltines with mixture and bake until delicately browned.

Nut Meringues

To Meringues Glacées mixture add chopped nut meats (almonds, English walnuts, peanuts, or hickory nuts). Shape by dropping mixture from tip of spoon in small piles ½ inch apart, or by using pastry bag and tube. Sprinkle with nut meats and bake.

Mushroom Meringues

Shape Meringues Glacées mixture in rounds the size of mushroom caps, using pastry bag and tube; sprinkle with grated chocolate, cocoa, or chocolate shot. Shape stems like mushroom stems. Bake, remove from paper, and place caps on stems.

French Meringues

2 cups sugar
1 cup water
5 egg whites
1 teaspoon vanilla

Boil sugar and water until mixture forms a firm ball when tried in cold water. Beat egg whites until stiff and add the hot sirup gradually, while beating constantly. Set pan containing mixture in pan of ice water, add flavoring, and stir 5 minutes. Cover and let stand

15 minutes. Shape with spoon or pastry bag and tube on buttered cooky sheet, dredged with cornstarch. Bake 30 minutes in slow oven (300° F.).

Creole Kisses

Pound finely Nut Brittle (p. 721) made with Jordan almonds, and add to Meringues Glacées mixture. Shape, sprinkle with shredded almonds, sift sugar over them, and bake 25 minutes in slow oven (300° F.).

Date and Nut Meringues

To Meringues Glacées mixture (p. 651) add chopped nut meats and finely cut dates.

Nut Cakes

½ cup pecan nut meats
½ pound powdered sugar
2 tablespoons flour
3 egg whites
1 teaspoon vanilla

Pound nut meats and mix with sugar and flour. Beat egg whites until stiff, add first mixture and vanilla. Drop from tip of tablespoon (allowing 1 spoonful for each cake) on cooky sheet covered with buttered paper. Bake 20 minutes in moderate oven (350° F.).

Peanut or Pecan Bars

1 cup peanuts or pecans
1 egg white
1 cup brown sugar
¼ teaspoon salt
½ teaspoon vanilla

Finely chop peanuts. Beat egg white until stiff and add gradually, while beating constantly, sugar, salt, and vanilla. Fold in peanuts, spread mixture in buttered, square, shallow pan and bake in moderately slow oven (325° F.). Cut in bars, using a greased sharp knife, and remove from pan.

Chocolate Nut Bars

2 egg whites
⅞ cup powdered sugar
⅔ cup Jordan almonds, blanched and chopped
1 square chocolate, melted

Beat egg whites until stiff and add sugar gradually, while beating constantly; then carefully cut and fold in chocolate, which has been slightly cooled, and ⅔ of the nut meats. Spread mixture ¼ inch thick in buttered dripping pan, sprinkle with remaining nuts, and bake

40 minutes in slow oven (300° F.). While warm, cut in finger-shaped pieces, using sharp knife.

Kornettes

¾ cup finely chopped, popped corn
¾ tablespoon soft butter (not melted)
1 egg white
⅛ cup sugar
¼ teaspoon salt
½ teaspoon vanilla
Chopped almonds
Candied cherries

Beat egg white until stiff, add sugar gradually, continuing beating, then butter, salt, and vanilla. Fold in corn. Drop mixture from tip of spoon on well-buttered cooky sheet, 1 inch apart. Sprinkle with almonds and place a piece of candied cherry on center of each. Bake in slow oven (300° F.) until delicately browned.

Cinnamon Kites (Cinkites)

3 egg whites
1 cup granulated sugar
1 tablespoon flour
1½ teaspoons cinnamon
1⅓ cups chopped, unblanched Jordan almonds
Grated rind ½ lemon

Beat egg whites to stiff froth. Mix remaining ingredients and cut and fold into egg whites. Toss on board dredged with ¼ cup flour and powdered sugar (using equal parts and mixing thoroughly) and pat and roll ¼ inch thick. Shape with kite-shaped or other cutter, arrange on slightly buttered cooky sheet, and bake 20 minutes in slow oven (300° F.). Spread with Confectioners' Frosting (p. 697).

Nut Macaroons

Drop Peanut Bars mixture from tip of spoon 1 inch apart on buttered and floured sheet and bake in moderate oven (350° F.) until delicately browned.

Peanut Macaroons

1 egg white
¼ cup fine granulated sugar
5 tablespoons finely chopped peanuts
1 teaspoon vanilla

Beat egg white until stiff and add sugar gradually, while beating constantly; then add peanuts and vanilla. Drop from tip of spoon on buttered cooky sheet 1½ inches apart. Garnish each with ½ peanut and bake 12 to 15 minutes in slow oven (300° F.).

Corn Flake Macaroons

1 egg white, beaten stiff
½ cup sugar
½ cup shredded coconut
1 cup cornflakes
¼ teaspoon almond extract
¼ teaspoon vanilla

Mix in order given. Drop from tip of spoon on buttered sheet and bake in moderate oven (350° F.).

Bread-Crumb Macaroons

½ cup dry bread crumbs, sifted
⅓ cup sugar
1 egg
1 teaspoon almond extract
⅛ teaspoon salt

Mix, shape in balls, using 1 tablespoon for each macaroon. Bake in moderate oven (350° F.).

MACAROONS MAY BE DECORATED WITH NUT MEATS OR CANDIED FRUIT

Macaroons

½ pound almond paste
1 cup sugar
2 tablespoons pastry flour
4 egg whites (½ cup)
⅓ cup powdered sugar

Mix paste thoroughly with hand, add sugar slowly and egg whites. When thoroughly blended, add powdered sugar sifted with flour. Shape, using pastry bag and tube, on cooky sheets covered with thin

paper. Let stand, covered, from 5 minutes to 48 hours, pat with fingers dipped in cold water, bake 30 minutes in slow oven (300° F.). Remove from paper by wetting back of paper with cloth wrung out of cold water.

If desired, add finely chopped candied cherries to mixture.

Tops may be decorated before baking with chopped almonds, pignolias, walnut meats, or raisins or bits of cherry. After baking, they may be frosted.

Almond Macaroons

Sprinkle Macaroons, before baking, with almonds blanched and shredded, or chopped.

Jelly Macaroons

½ pound almond paste
3 egg whites
½ pound powdered sugar
Jelly
Confectioners' Frosting (p. 697)

Cover a cooky sheet with buttered paper and place on it at 2½-inch intervals, circular pieces of rice paper, ½ inch in diameter. Break paste in pieces, add 1 egg white, and work with a spatula until well blended; then add sugar and gradually work in remaining egg whites. Force mixture, using a pastry bag and small lady-finger tube, around pieces of rice paper. Bake 15 minutes in slow oven (300° F.). Remove from paper and fill centers with bits of jelly.

Cover jelly with Confectioners' Frosting, colored red, pink, or green.

Crescents

½ pound almond paste
2 ounces confectioners' sugar
Almonds, blanched and finely chopped
1 egg white (small)

Mix like Macaroons. Shape mixture, which is quite soft, in a long roll. Cut pieces from roll ¾ inch long. Roll each separately in chopped nuts, shaping to form a crescent. Bake 20 minutes on buttered cooky sheet in slow oven (300° F.). Cool, and frost with Confectioners' Frosting (p. 697), made thin enough to put on with a brush and flavored with lemon juice until quite acid. Other nuts may be used in place of almonds.

Cinnamon Bars

10 ounces almond paste
5 ounces confectioners' sugar
1 egg white
½ teaspoon cinnamon

Mix like Macaroons. Dredge a board with sugar, knead mixture slightly, and shape in a long roll. Pat, and roll ¼ inch thick, using a rolling-pin. After rolling, the piece should be 4 inches wide. Spread with frosting made of 1 egg white and ⅔ cup confectioners' sugar beaten together until stiff enough to spread. Cut in strips 4 inches long by ¾ inch wide. This must be quickly done, as a crust soon forms over frosting. To accomplish this, use 2 knives, one placed through mixture where dividing line is to be made, and the other used to make a clean, sharp cut on both sides of first knife. Knives should be kept clean by wiping on a damp cloth. Remove strips as soon as cut to a cooky sheet, greased with lard, and then floured. Bake 20 minutes in slow oven (300° F.).

Horseshoes

Use Cinnamon Bar mixture. Cover with frosting colored with red food coloring. Cut in strips 6 inches long by ½ inch wide. As soon as cut, shape quickly, but carefully, in horseshoes. Bake like Cinnamon Bars. When cool, make 8 dots with Chocolate Frosting (pp. 698 or 699) to represent nails.

Coconut Cakes I

2 cups fresh grated coconut
1 egg white
2 tablespoons corn sirup
7 tablespoons sugar

Cook coconut, corn sirup, and sugar, in double boiler until mixture clings to spoon. Add egg white, stir vigorously, and cook until mixture feels sticky when tried between the fingers. Spread in a wet pan, cover with wet paper, and chill. Shape in small balls, first dipping hands in cold water. Arrange on slightly heated cooky sheet greased with white wax, paraffin, or olive oil. Bake 20 minutes in slow oven (300° F.).

Coconut Cakes II

1 pound fresh grated coconut
¾ pound sugar
2 egg whites

Cook, shape, and bake like Coconut Cakes I.

Chocolate Coconut Cakes

2 squares chocolate
1½ cups condensed milk
½ pound coconut (about)
1 teaspoon baking powder

Melt chocolate, add to condensed milk with enough coconut to hold shape. Add baking powder, shape by spoonfuls on buttered cooky sheet. Bake 10 to 15 minutes in moderately slow oven (325° F.).

CREAM PUFFS (LARGE AND VERY SMALL) AND ÉCLAIRS

Cream Puffs (Cream Cakes)

½ cup butter
1 cup boiling water
1 cup bread flour
4 eggs, unbeaten

Add butter to water, heat until butter melts, add flour all at once, and stir vigorously until ball forms in center of pan. Cool slightly, add eggs one at a time, beating after adding each egg. Mixture should be very stiff. Shape on buttered cooky sheet by dropping from spoon or using pastry bag and tube. Bake until free from beads of moisture (40 to 45 minutes), in moderately hot oven (375° F.). If in doubt, remove one from oven to test. Fill with Cream Filling (p. 690), whipped cream, Chocolate Cream Filling (p. 690), Coffee Cream Filling (p. 690), or Strawberry Cream Filling (p. 694).

Éclairs

Shape Cream Puff mixture with pastry bag and tube 1 by 4½ inches. Bake, split, and fill as desired. Frost with Confectioners' Frosting (p. 697) or add ⅓ cup melted Fondant I (p. 719) to frosting and dip tops of Éclairs in hot frosting.

Chocolate Pâte à Choux Rings

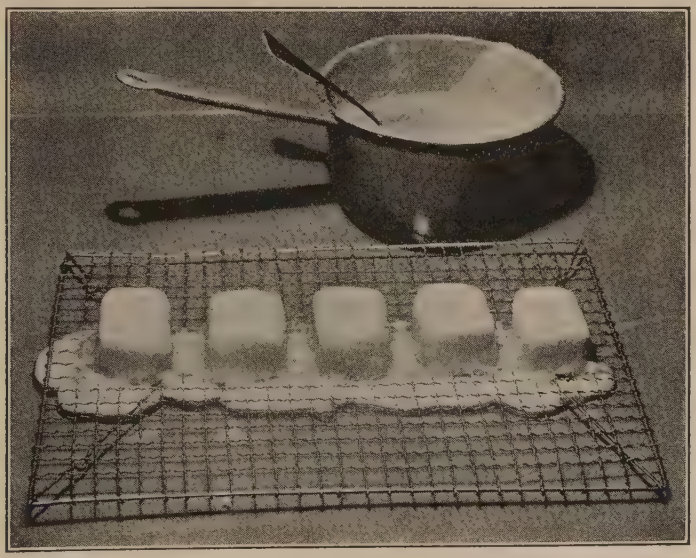
Shape Cream Puff (p. 658) mixture in rings 3½ inches in diameter. Bake, cool, split, and fill with whipped cream. Cover with Berkshire Chocolate Frosting (p. 698) and sprinkle with blanched and shredded Jordan almonds.

Cup Cakes

Use any cake recipe, reducing flour by 1 tablespoon for each cup flour in recipe. Bake in individual tins or paper cups. Sprinkle with sugar, frost, or decorate as desired.

Coconut Snowballs

Cut Angel Food into small cubes or pull into irregular pieces. Roll in White Mountain Cream (p. 699) or Ice Cream Frosting (p. 699) then in grated coconut. Place on wax paper to dry.



MOVE CAKE COOLER WITH PETITS FOURS

Petits Fours

Bake Cream Sponge Cake (p. 666), Angel Cake (p. 669), Prize Cake (p. 672), or Newport Pound Cake (p. 677) in shallow pan. Cool and

cut in strips 1¼ inches thick. Cut in rectangles or triangles. Arrange cakes in rows on a cake cooler with a fine mesh, allowing plenty of space between the pieces of cake. Have spotlessly clean marble or enamel table or pan beneath cake cooler.

Heat Petits Fours Frosting (p. 697) over hot water until of right consistency to spread. Start pouring over a row of cakes *on to the table*, moving steadily to end of row and then back over them. Lift cake cooler gently, then move it back and forth to loosen the dripping frosting. Scrape up frosting on the table, reheat, and use for other cakes. Let cakes dry, and then remove from cooler with small spatula, and trim bottom edges with a sharp knife.

To Decorate Cakes. Make borders, flowers, or other designs with colored Ornamental Frosting (p. 697) put on with pastry bag and tube, or use tiny colored candies, chocolate shot, sliced gumdrops arranged like flowers, nut meats, coconut, or candied fruits, etc.

Lady Fingers

3 egg whites
⅓ cup powdered sugar
2 egg yolks
⅓ cup bread flour
⅛ teaspoon salt
½ teaspoon vanilla

Beat egg whites until stiff but moist, add sugar gradually, and continue beating. Add egg yolks, beaten until thick and lemon-colored, and flavoring. Cut and fold in flour mixed and sifted with salt. Shape 1 by 4½ inches on a cooky sheet covered with unbuttered paper, using pastry bag and plain hole tube. Sprinkle with powdered sugar and bake 12 minutes in moderate oven (350° F.). Remove from paper with knife. Use for lining molds to be filled with whipped cream mixtures, serve with frozen desserts, or put together in pairs with a thin coating of whipped cream between.

Sponge Drops

Drop Lady Finger mixture from tip of spoon on unbuttered paper. Sprinkle with powdered sugar and bake 12 minutes in moderate oven (350° F.).

Mocha Cakes

Bake a sponge-cake mixture in sheets. Shape in small rounds and cut in 3 layers. Put layers together with a thin coating of Chocolate

Butter Frosting (p. 704). Spread frosting around sides and roll in shredded coconut. Ornament top with frosting forced through pastry bag and tube, using the rose tube. Begin at center of top and coil frosting around until surface is covered. Garnish center of top with a candied cherry.

Lemon Queens

¼ cup butter
½ cup sugar
Grated rind ½ lemon
1 teaspoon lemon juice
2 egg yolks
⅝ cup flour
¼ teaspoon salt
⅛ teaspoon soda (scant)
2 egg whites

Cream butter, add sugar gradually, and continue beating. Add grated rind, lemon juice, and egg yolks beaten until thick and lemon-colored. Mix and sift soda, salt, and flour; add to first mixture and beat thoroughly. Add egg whites beaten stiff. Bake 20 to 25 minutes in small tins in moderate oven (350° F.).

Almond Cakes

½ cup butter
¾ cup sugar
⅓ cup milk
2 eggs
1⅓ cups flour
2 teaspoons baking powder
1 cup Jordan almonds, blanched and cut in pieces

Mix ingredients in order given and bake in individual cake pans in moderate oven (350° F.).

Chocolate Cakes

3 eggs, beaten until light
¼ cup butter
½ cup sugar
3 squares chocolate, melted
1 cup moist bread crumbs, packed solidly
3 tablespoons flour

Cream butter, add sugar, eggs, chocolate, bread crumbs, and flour. Spread mixture in shallow buttered pan and bake in moderately slow oven (325° F.). Shape with tiny biscuit cutter and put together in pairs with White Mountain Cream (p. 699) between and on top.

Chocolate Vienna Cakes

¾ cup butter
⅞ cup sugar
5 egg yolks
4 squares unsweetened chocolate
1½ cups flour
3 teaspoons baking powder
5 egg whites
Apricot or Orange Marmalade

Mix ingredients in order given and bake in small tins in moderate oven (350° F.). Remove from tins, cool, take out a small portion of cake from the center of each, and fill cavity with marmalade. Cover tops of cake with Marshmallow Frosting (p. 701) or Boiled Chocolate Frosting (p. 701).

CHAPTER 41

LOAF AND LAYER CAKES

INGREDIENTS FOR CAKE

Use fine sugar, fresh eggs, and good shortening, either butter or one of the many excellent cooking fats. Use cake or pastry flour. Cake and pastry flours are made of soft wheat and are used wherever delicate texture is required. If bread flour is used, reduce amount by two tablespoons for each cup of flour required in recipe.

To Mix Sponge Cakes

Have all ingredients measured before beginning to work. Sift sugar one to four times through fine sifter and measure. Sift flour once and measure. Beat egg whites until stiff but not dry, beat in half the sugar gradually and set aside. With same egg beater, beat egg yolks with liquid, if used, until thick and lemon-colored. Beat in remaining sugar. Combine mixtures. Mix and sift dry ingredients and cut and fold into other mixture. Do not beat after adding flour, to avoid breaking air bubbles.

To Mix Butter Cakes

Have all ingredients measured before beginning to work. Sift flour and sugar before measuring. Cream butter by working with wooden spoon until soft and creamy. Add half the sugar gradually and beat together until light. If eggs are to be added whole, beat thoroughly and add remaining sugar. If eggs are to be separated, beat whites until stiff, add remaining sugar, set aside, and beat yolks thoroughly, using same egg beater. Add beaten eggs or yolks to butter and sugar mixture. Add dry ingredients and liquid alternately. Beat thoroughly but do not stir. Fold in egg whites.

By this method only one egg beater is used. Adding half the sugar to the eggs makes creaming butter and sugar together easier. Sugar added to beaten egg whites keeps them from liquefying so that they may be beaten first and set aside to add later.

To Add Fruit to Cake Mixture

Flour fruit before adding to light mixture. Add directly after sugar, without flouring, to dark mixture. Cut citron in thin slices, then in strips, flour, and put between layers of cake mixture. Cut raisins with scissors, but do not chop.

Cake-Making at High Altitudes

At high altitudes the pressure inside the cake must be decreased unless sufficient binding material, such as flour and eggs, is used to keep the gas in after it is formed. In very rich cakes reduce the baking powder, shortening, and sugar, or use the same amounts of these ingredients and add slightly more flour or more eggs. For most cakes one teaspoon baking powder will leaven one cup flour, and three-fourths cup sugar will give better results than one cup.

To Butter and Fill Pans

Do not grease pans for sponge or angel cake mixtures.

For butter cakes, grease pan with melted fat, using pastry brush. Dredge thoroughly with flour, invert, and shake to remove superfluous flour.

Pans may be lined with wax paper before greasing.

In filling, have mixture come well to corners and sides of pans, leaving a slight depression in the center. Fill pans two-thirds full to have cake come to top of pan when baked.

Before baking, cut through center of mixture at right angles to break air bubbles. Rap pan on table for same purpose.

To Bake Cake

Cake baking is greatly simplified if oven has a heat regulator. If oven has no regulator, place oven thermometer on grate on which cake is baked.

Divide the time required for baking into quarters. During the *first quarter*, mixture begins to rise. During the *second quarter*, it continues rising and begins to brown. During the *third quarter*, it finishes rising and continues to brown. During the *fourth quarter*, it finishes baking and shrinks from the sides of pan. Watch cake during baking to see that it is baking properly. After ten minutes, move if

necessary to insure even baking. Bake cake as near center of oven as possible.

When done, cake shrinks slightly from sides of pan. Pound and fruit cake must be tested by pressing surface lightly with finger tips; if cake feels firm and does not retain imprint of finger, it is done. A wire cake tester, inserted in center of cake, will come out clean and dry if cake is done.

TIME AND TEMPERATURE FOR BAKING CAKE

Type	Time	Temperature
Sponge Cakes	35 to 60 minutes	325° F.
Angel Food Cakes	1 hour or more	325° F.
Butter Cakes (loaf)	30 to 45 minutes	350° F.
Fruit and Pound Cakes	1½ to 4 hours	250°–325° F.
Thin Layer Cakes	20 to 30 minutes	400° F.
Cup Cakes	20 to 25 minutes	350° F.

To Remove Cake from Pans

Invert sponge cake on wire cooler and let stand until cold. Loosen with spatula or knife. For butter cake, invert and let stand 5 minutes, then loosen with spatula if necessary, but do not hurry it. Rest pan on four sides successively, so that the weight of cake may help it out.

To Use Cake Crumbs

Use in Cake-Crumb Hermits (p. 644) or wherever bread crumbs are called for in bread puddings, Brown Betty, etc., cutting down on sugar to taste.

Delia's Sponge Cake

2 egg whites
2 egg yolks
4 tablespoons hot water
¾ cup sugar
¼ teaspoon lemon extract
1 cup flour
1¼ teaspoons baking powder

Beat whites until stiff and add half the sugar. Add hot water to egg yolks and beat until thick; then add remaining sugar and lemon extract gradually, while beating constantly. Add whites, and fold in flour, mixed and sifted with baking powder. Turn into deep cake pan and bake in moderate oven (350° F.) 35 minutes.

Swedish Sponge Cake

3 eggs
1 cup sugar
½ cup cold water
1½ cups flour, sifted 3 times
2 teaspoons baking powder
Few grains salt

Beat yolks until light, add sugar ⅓ at a time, continuing beating. Add water, flour mixed and sifted with baking powder and salt. Fold in whites, beaten until stiff but not dry. Bake 40 minutes in moderate oven (350° F.).

Three-Egg Sponge Cake

3 egg whites
3 egg yolks
1 cup sugar
1 tablespoon hot water
2 teaspoons vinegar
1 cup flour
1½ teaspoons baking powder
¼ teaspoon salt

Mix (To Mix Sponge Cake, p. 663). Bake 35 minutes in moderate oven (350° F.).

Potato-Flour Sponge Cake

4 egg whites
4 egg yolks
¾ cup sugar
½ tablespoon lemon juice
½ cup potato flour
1 teaspoon baking powder
¼ teaspoon salt

Mix (To Mix Sponge Cake, p. 663). Bake 30 minutes in moderate oven (350° F.).

Cream Sponge Cake

4 egg whites
4 egg yolks
1 cup sugar
3 tablespoons cold water
1 teaspoon lemon extract
1½ tablespoons cornstarch
1 cup flour
1¼ teaspoons baking powder
¼ teaspoon salt

Mix (To Mix Sponge Cake, p. 663). Bake 30 minutes in moderate oven (350° F.).

Jelly Roll

Line bottom of a dripping pan with paper; butter paper and sides of pan. Cover bottom of pan with Cream Sponge mixture and spread evenly. Bake 12 minutes in moderate oven (350° F.). Turn on paper sprinkled with powdered sugar. Remove bottom paper quickly and cut off thin strips from sides and ends of cake. Spread with jam or jelly beaten enough to spread easily. Roll. Roll in paper until serving time. Work quickly or cake will crack.

Gratan Mocha

Bake Cream Sponge Cake (p. 666) mixture in 2 buttered, round, deep layer-cake tins. Put between layers whipped cream sweetened and flavored with strong coffee. Garnish top with cream, forced through a pastry bag and tube, and glacéed pineapple, cherries, and angelica.

Mocha Cake

Bake Cream Sponge Cake in angel-cake pan, adding to mixture ½ cup English walnut meats, broken in pieces. Cool, split, fill with French Coffee Cream Filling (p. 694). Cover top with Confectioners' Frosting (p. 697), flavored with coffee essence or instantaneous coffee.

Vienna Cake

Make Cream Sponge Cake, using 6 egg whites. Bake in angel-cake pan. Remove from pan, cool, and cut crosswise in 4 layers of equal thickness. Make Mocha Filling (p. 693) and flavor ⅓ of it with 1 ounce melted sweet chocolate. Put chocolate part between top and bottom layers. Put the other part in center and over top and sides of cake. Sprinkle entire frosted surface with Nut Brittle (p. 721).

Five-Egg Sponge Cake

5 egg whites
5 egg yolks
1 cup sugar
1 tablespoon lemon juice
Grated rind ½ lemon
1 cup flour, sifted 4 times
¼ teaspoon salt

Beat whites until stiff but not dry; beat in half the sugar. Add lemon rind and juice to yolks and beat until thick and lemon-colored. Beat in remaining sugar. Combine mixtures. Cut and fold in flour sifted with salt. Pour into unbuttered pan. Cut through mixture several times to break large air bubbles. Bake 1 hour or more in moderately slow oven (325° F.), if in angel-cake or other deep pan. Bake 25 to 30 minutes in moderate oven (350° F.) if in layer-cake pans or individual tins.

Chocolate Sponge Cake

Make like any Sponge Cake, using ¾ cup flour and ¼ cup cocoa instead of 1 cup flour.

Orange Sponge Cake

3 eggs
Grated rind 1 orange
Juice 1 orange
1 tablespoon lemon juice
1 cup finely sifted sugar
1¼ cups flour
½ teaspoon salt
1 teaspoon baking powder

Beat egg whites until stiff, add ½ cup sugar. Mix orange and lemon juice and enough cold water to make ½ cup, add to yolks with orange rind. Beat until light and add ½ cup sugar. Cut and fold mixtures together. Fold in flour mixed and sifted with salt and baking powder. Bake 1 hour in moderately slow oven (325° F.) in angel-cake pan.

Marble Sponge Cake

1¼ cups egg whites (about 9)
1 teaspoon cream of tartar
1⅛ cups sifted sugar
½ cup pastry or cake flour, sifted 5 times (for white part)
½ teaspoon vanilla
6 egg yolks
⅔ cup pastry or cake flour (for yellow part)
1 teaspoon orange extract
½ teaspoon salt

Beat egg whites until foamy. Add salt and cream of tartar and beat until stiff, but not dry. Fold in sugar, carefully. Divide in two parts. To one part carefully fold in ½ cup flour and vanilla. To other fold in yolks, well beaten, remaining flour, and orange extract. Put by spoonfuls into large buttered angel-cake pan, alternating yellow and white. Bake 60 minutes in slow oven (300° F.). Invert and let stand 40 minutes before removing from pan. Sprinkle with powdered sugar.

Sunshine Cake

10 egg whites
1½ cups powdered sugar
7 egg yolks
1 teaspoon lemon extract
1 cup pastry flour
⅞ teaspoon cream of tartar

Mix (To Mix Sponge Cake, p. 663). Bake 50 minutes in moderate oven (350° F.).

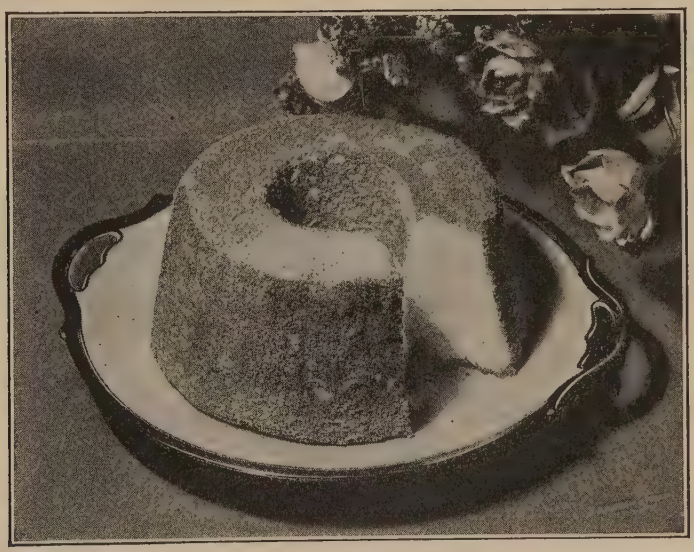
Moonshine Cake

Flavor Sunshine Cake with almond extract, bake and cover with Maraschino Frosting (p. 701) sprinkled with toasted shredded almonds.

Mock Angel Cake

1 cup sugar
1⅓ cups flour
3 teaspoons baking powder
⅛ teaspoon salt
⅔ cup scalded milk
1 teaspoon vanilla
2 egg whites

Mix and sift first 4 ingredients 4 times. Pour on the scalded milk gradually. Fold in egg whites beaten until stiff, and add vanilla. Turn into an unbuttered angel-cake pan and bake 45 minutes in moderate oven (350° F.). Keep 1 day before serving.



Angel Cake (Silver Sponge)

¾ cup egg whites (5 or 6)
¾ cup fine granulated sugar, sifted
½ teaspoon cream of tartar
Few grains salt
½ teaspoon almond extract or 1 teaspoon vanilla
½ cup bread flour

Beat egg whites and salt until foamy, add cream of tartar, and beat until stiff but moist. Sift flour and sugar 4 or 5 times and fold carefully into beaten whites with whisk. Bake in unbuttered angel-cake tin 1 hour in moderately slow oven (325° F.). Invert on cake cooler until cold. For large tube pan, use double the recipe.

One-Egg Cake

¼ cup butter
½ cup sugar
1 egg, well beaten
¼ teaspoon salt
½ cup milk
1½ cups flour
2½ teaspoons baking powder
½ teaspoon vanilla

Cream butter and add half the sugar gradually. Add remaining sugar to egg. Combine mixtures. Mix and sift flour, baking powder, and salt and add alternately with milk to first mixture. Add vanilla. Bake 30 minutes in buttered shallow pan in moderate oven (350° F.).

Lightning Cake

1 egg
½ cup sugar
1 cup flour
1 teaspoon baking powder
¼ teaspoon salt
¼ cup milk
3 tablespoons melted butter
¼ teaspoon lemon extract
½ teaspoon vanilla

Beat egg and add sugar while beating. Add flour sifted with baking powder and salt. Then add milk, melted butter, and flavoring. Bake 25 minutes in oiled layer-cake pans in moderate oven (350° F.). Put together with any desired filling and frost as desired.

Two-Egg Cake

½ cup butter
1 cup sugar
2 eggs
⅔ cup milk
1 teaspoon vanilla
2 cups flour
3 teaspoons baking powder
Few grains salt

Cream butter, add half the sugar gradually, and beat until light. Add remaining sugar to well-beaten egg yolks. Combine mixtures. Mix and sift flour, baking powder, and salt and add alternately with milk to first mixture. Beat thoroughly, add vanilla, and fold in egg whites beaten until stiff. Bake in buttered layer-cake pans 25 to 30 minutes in moderately hot oven (375° F.).

Cream Cake

2 eggs
⅞ cup sugar
⅔ cup thin cream
1⅔ cups flour
2½ teaspoons baking powder
½ teaspoon salt
1 teaspoon vanilla

Put unbeaten eggs in a bowl, add sugar and cream, and beat vigorously. Mix and sift remaining ingredients, then add first mixture. Bake 30 minutes in shallow cake pan in moderately slow oven (325° F.).

Cream Pie (Boston Cream Pie)

⅓ cup butter
1 cup sugar
2 eggs, well beaten
½ cup milk
1¾ cups flour
½ teaspoon salt
½ teaspoon vanilla
2 teaspoons baking powder

Mix like One-Egg Cake (p. 670). Bake in round layer-cake pans or heavy frying pan. If baked in frying pan, split to make 2 layers. Put together with Cream Filling (p. 690), Chocolate Filling (p. 692), French Cream Filling (p. 694), or Banana Filling (p. 694), etc. Sprinkle top with powdered sugar. Cut in pie-shaped pieces for serving.

Chocolate Cream Pie

Bake Chocolate Cake I or II (p. 679) in layer-cake pans. Put together with whipped cream. Sprinkle with powdered sugar. If desired, serve with Thin Chocolate Sauce (p. 591).

Washington Pie

Make Cream Pie, using raspberry jam between layers.

Layer Cake

Bake One-Egg Cake, or Two-Egg Cake (p. 670), or Cream Pie (see above) in layer-cake pans. Put together with any filling and frost top. See Cake Fillings and Frostings (pp. 690–705).

Spanish Cake

Flavor Two-Egg Cake or Cream Pie with ½ teaspoon cinnamon or ¼ teaspoon mace instead of vanilla. Bake in small or loaf tins, or in layer-cake pans, putting between layers and on top Caramel Frosting (p. 701).

Citron Cake

Add 1 cup citron (p. 664), thinly sliced, to Two-Egg Cake mixture.

Currant Cake

Add 1 cup currants, mixed with 1 tablespoon flour, to Two-Egg Cake (p. 670) mixture.

Date-and-Nut Cake

Add ¼ cup each dates and walnut meats, broken in pieces, to mixture for Two-Egg Cake (p. 670) or Cream Pie (p. 671).

Marble Cake

Add 1 square chocolate, melted, to half the mixture for One-Egg Cake, Two-Egg Cake (p. 670), or Cream Pie (p. 671). Fill cake pans by spoonfuls, alternating plain and chocolate mixtures.

Prize Cake

2 eggs
2 egg yolks
1 cup sugar
2 cups flour
2½ teaspoons baking powder
½ cup milk
⅓ cup melted butter

Beat eggs and egg yolks until thick, with egg beater; add sugar gradually, while beating constantly. Mix and sift flour and baking powder and add alternately with milk to first mixture; then add butter. Turn into buttered and floured shallow cake pan and bake 35 minutes in moderate oven (350° F.).

Walnut Cake

⅓ cup butter
1 cup sugar
3 egg yolks
½ cup milk
½ teaspoon salt
1¾ cups flour
2¾ teaspoons baking powder
2 egg whites
¾ cup walnut meats, broken in pieces
1 teaspoon vanilla

Mix like One-Egg Cake (p. 670). Bake 45 minutes in moderate oven (350° F.). Cover with White Mountain Cream (p. 699), crease in squares, and put half a walnut meat on each square.

Boston Favorite Cake

⅔ cup butter
1⅞ cups sugar
4 eggs
1 cup milk
3½ cups flour
½ teaspoon salt
1 teaspoon vanilla
5 teaspoons baking powder

Mix like Two-Egg Cake (p. 670) or (To Mix Butter Cakes, p. 663).

Velvet Cake

4 egg whites
½ cup butter
1½ cups sugar
4 egg yolks
½ cup cold water
1½ cups flour
½ cup cornstarch
½ teaspoon salt
4 teaspoons baking powder
⅓ cup almonds, blanched, and shredded

Cream butter, add sugar gradually, egg yolks well beaten, and water. Mix and sift dry ingredients and add to first mixture. Beat well and fold in egg whites beaten until stiff. After putting in pan, cover with almonds, and sprinkle with powdered sugar. Bake 40 minutes in moderate oven (350° F.).

Princeton Orange Cake

Follow recipe for Velvet Cake, using orange juice in place of cold water and adding grated rind of 1 orange. Omit nuts.

Florida Nut Cake

Sprinkle Princeton Orange Cake, before baking, with chopped walnut meats, and sparingly with powdered sugar. Split and put together with Orange Filling (p. 691).

Priscilla Cake

½ cup butter
1½ cups sugar
5 eggs, well beaten
2⅓ cups flour
2¼ teaspoons baking powder
½ teaspoon salt
½ cup milk
1 teaspoon vanilla

Mix like One-Egg Cake (p. 670) or (To Mix Butter Cakes, p. 663). Bake 45 minutes in moderate oven (350° F.).

Mrs. Raymond's Gold Cake

½ cup butter
1 cup sugar
1 egg
5 egg yolks (⅜ to ½ cup)
1¾ cups flour
2½ teaspoons baking powder
¼ teaspoon salt
½ cup milk
½ teaspoon vanilla

Cream butter and add sugar gradually, while beating constantly: add egg yolks and egg well beaten. Mix and sift dry ingredients and

add alternately with milk to first mixture. Add vanilla, turn into buttered and floured cake tin, and bake 45 minutes in moderate oven (350° F.).

Lord Baltimore Cake

½ cup butter
1 cup sugar
8 egg yolks
½ cup milk
1¾ cups flour
4 teaspoons baking powder
½ teaspoon salt
1½ teaspoons vanilla

Cream butter and add half the sugar gradually, while beating constantly. Beat egg yolks until thick and lemon-colored, add remaining sugar, and combine mixtures. Mix and sift dry ingredients and add to first mixture alternately with milk. Add vanilla. Turn into 3 buttered and floured tins (7 inches square) and bake in moderate oven (350° F.). Put layers together with Lord Baltimore Filling (p. 693) and cover top and sides of cake with Ice Cream Frosting (p. 699). Garnish with halves of candied cherries and diamond-shaped pieces of angelica.

Snow Cake

¼ cup butter
1 cup sugar
½ cup milk
1⅔ cups flour
2½ teaspoons baking powder
¼ teaspoon salt
2 egg whites
½ teaspoon vanilla or
¼ teaspoon almond extract

Beat egg whites until stiff, add ½ cup sugar and set aside. Cream butter, add ½ cup sugar gradually, while beating constantly. Mix and sift dry ingredients and add alternately with milk. Fold in egg whites. Add flavoring and bake 45 minutes in moderate oven (350° F.).

Lily Cake

½ cup butter
1 cup sugar
½ cup milk
1¾ cups flour
1 teaspoon baking powder
½ teaspoon vanilla or
⅓ teaspoon lemon extract
3 egg whites

Mix and bake like Snow Cake.

Silver Cake

⅛ cup butter
⅞ cup sugar
½ cup milk
1¾ cups flour
3 teaspoons baking powder
¼ teaspoon salt
4 egg whites
½ teaspoon almond extract

Mix and bake like Snow Cake (p. 674).

Cornstarch Cake

1 cup butter
2 cups sugar
1 cup milk
1 cup cornstarch
2 cups flour
4½ teaspoons baking powder
¼ teaspoon salt
5 egg whites
¾ teaspoon vanilla or
½ teaspoon almond extract

Make like Snow Cake (p. 674).

Marshmallow Cake

½ cup butter
1½ cups sugar
½ cup milk
2 cups flour
3 teaspoons baking powder
¼ teaspoon cream of tartar
¼ teaspoon salt
5 egg whites
1 teaspoon vanilla

Make like Snow Cake (p. 674). Bake in layer-cake pans and put Marshmallow Frosting (p. 701) between the layers and on top.

Queen Cake

⅔ cup butter
1⅔ cups flour
¼ teaspoon salt
¼ teaspoon soda
6 egg whites
1¼ cups powdered sugar
1½ teaspoons lemon juice

Cream butter, add flour gradually, mixed and sifted with salt and soda; then add lemon juice. Beat egg whites until stiff; add sugar gradually and combine mixtures. Bake 50 minutes in long, shallow pan in moderate oven (350° F.). Cover with Opera Caramel Frosting (p. 703).

Walnut Mocha Cake

Make any white cake, using coffee infusion in place of milk. Omit other flavorings and add ¾ cup walnut meats, broken in pieces.

Lady Baltimore Cake

Make 1⅓ times Lily Cake (p. 674) and bake in 3 layer-cake pans (7 inches square). Put together with Lady Baltimore Filling (p. 693). Cover top and sides with Ice Cream Frosting (p. 699).

Banana Layer Cake

Bake any white cake in layer-cake pans. Put together with Banana Filling (p. 694) and sprinkle top with powdered sugar.

Fig Layer Cake

Bake any white cake in layer-cake pans. Put together with Fig Filling (p. 692) and sprinkle top with powdered sugar.

Prune Almond Cake

Bake any white cake in layer-cake pans. Spread between layers Prune Almond Filling (p. 694) and cover top with White Mountain Cream (p. 699).

White Nut Cake

Add 1 cup walnut meats, cut in pieces, to any white cake mixture.

Light Fruit Cake

To Silver Cake mixture add ½ cup raisins seeded and cut in pieces, 2 ounces citron thinly sliced and cut in strips, and ⅓ cup walnut meats cut in pieces. In making mixture, reserve 1 tablespoon flour to use for dredging fruit. See To Add Fruit to Cake Mixture (p. 664).

White Fruit Cake

To Queen Cake mixture (p. 675), add ⅔ cup candied cherries, cut in pieces, ⅓ cup almonds, blanched and shredded, ½ cup citron, thinly sliced, and 1 teaspoon almond extract. Bake in a buttered, deep cake pan 1 hour in moderately slow oven (325° F.).

Dundee Cake

⅞ cup butter
⅔ cup sugar
4 eggs
⅓ cup almonds, blanched and chopped
⅓ cup orange and lemon peel, cut fine
2½ cups flour
½ teaspoon salt
1 teaspoon baking powder
1 cup seedless raisins
1⅓ cups currants or seeded raisins, cut in pieces
2 tablespoons orange juice

For Decoration.

⅓ cup almond meats, blanched and split
⅓ cup citron, cut in thin slices and narrow strips
⅓ cup candied cherries, cut in pieces

Cream butter, add sugar slowly. Add eggs, one at a time, beating 5 minutes after adding each. Stir in chopped almonds. Sift flour with baking powder and salt, mix with fruit, and add to first mixture. Add orange and lemon peel mixed with orange juice. Mix thoroughly, and put in 2 or 3 small bread pans lined with wax paper and greased. Cover top with blanched almonds, candied cherries, or citron. Bake 1 hour to 1¼ hours in moderately slow oven (325° F.). Cover with paper as soon as cake begins to brown.

Newport Pound Cake

⅞ cup butter
1½ cups flour
Few grains salt
5 eggs
1½ cups powdered sugar
1 teaspoon baking powder
1 teaspoon vanilla

Cream butter, add flour gradually. Beat egg whites until stiff but not dry, and beat in half the sugar, salt, and vanilla. Beat egg yolks until thick and lemon-colored, add remaining sugar gradually, and add to butter and flour. Beat well. Fold egg whites into mixture. Sift over baking powder. Beat thoroughly. Bake 1 hour in moderate oven (350° F.) in buttered deep pan.

New York Gingerbread

Add 2 tablespoons yellow ginger to Newport Pound Cake mixture and omit vanilla.

Imperial Cake

1 cup butter
1 cup sugar
5 egg yolks
5 egg whites
Grated rind ½ lemon
2 teaspoons lemon juice
½ pound raisins, seeded and cut in pieces
½ cup walnut meats, broken in pieces
2 cups flour
¼ teaspoon soda

Mix like Pound Cake, adding, at the last, raisins dredged with flour, and nuts. Pour in buttered angel-cake tin with paper in the bottom. Bake 1¼ hours in moderately slow oven (325° F.).

Pound Cake

1 pound butter
1 pound sugar
10 eggs
1 pound flour
½ teaspoon mace
2 tablespoons brandy flavoring

Cream butter, add sugar gradually, and continue beating; then add egg yolks beaten until thick and lemon-colored, egg whites beaten until stiff, flour, mace, and flavoring. Beat vigorously 5 minutes. Bake in deep pan 1¼ hours in slow oven (300° F.), or if to be used for fancy ornamented cakes, bake 30 to 35 minutes in shallow pan.

Molasses Pound Cake

⅔ cup butter
¾ cup sugar
2 eggs, well beaten
⅔ cup milk
⅔ cup molasses
2⅛ cups flour
¾ teaspoon soda
1 teaspoon cinnamon
½ teaspoon allspice
¼ teaspoon clove
¼ teaspoon mace
½ cup seeded raisins, cut in pieces
⅓ cup citron, thinly sliced and cut in strips

Cream butter, add sugar gradually, eggs, milk, and molasses. Mix and sift 2 cups flour with soda and spices, and add to first mixture; then add fruit dredged with remaining flour. Bake in moderate oven (350° F.).

Ginger Pound Cake

½ cup butter
½ cup sugar
1½ cups flour
1 teaspoon baking powder
2 eggs, beaten until thick and lemon-colored
¼ pound Canton ginger

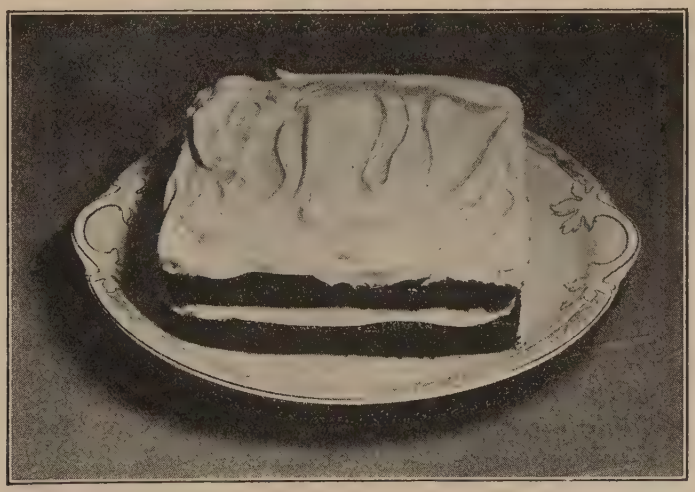
Cream butter, add sugar gradually. Beat well and add, alternately, eggs and flour mixed and sifted with baking powder. Add ginger.

Bake in buttered and floured pan in moderately slow oven (325° F.). Cover with White Mountain Cream (p. 699).

Chocolate Cake I

½ cup butter
1 cup sugar
2 eggs
½ cup milk
1½ cups flour
¼ teaspoon salt
2½ teaspoons baking powder
2 squares chocolate, melted
½ teaspoon vanilla

Cream butter, add gradually half the sugar and chocolate. Beat whites until stiff, add remaining sugar, and set aside. Beat yolks until thick and add to butter and sugar. Mix and sift dry ingredients and add alternately with milk, to other mixture. Add vanilla and bake in shallow pan 40 minutes in moderate oven (350° F.).



CHOCOLATE CAKE II WITH WHITE MOUNTAIN CREAM

Chocolate Cake II

½ cup butter
1½ cups sugar
½ cup milk
2¼ cups flour
2 squares unsweetened chocolate, grated
¼ teaspoon soda
¾ teaspoon cream of tartar
5 egg whites

Mix and bake like Chocolate Cake I.

Chocolate Marshmallow Cake

Bake Chocolate Cake I or II. As soon as cake is removed from pan, invert and cover bottom with marshmallows cut in halves crosswise. Pour over marshmallows, Fudge Frosting II (p. 704) or Sour Cream Fudge (p. 714). Do not knead fudge.

Creole Cake

Bake Chocolate Cake I in an angel-cake pan. Cover with any boiled frosting (p. 699). Spread melted chocolate over frosting.

Fudge Cake

½ cup butter
1 cup sugar
3 egg yolks
1¼ cups milk
2 cups flour
3 teaspoons baking powder
2 egg whites
3 squares chocolate, melted over hot water
½ teaspoon vanilla

Mix like Chocolate Cake I. Turn into 2 buttered and floured 7-inch square pans and bake in moderate oven (350° F.). Put between and on top Sour Cream Fudge (p. 714). Do not knead fudge.

Chocolate Potato Cake

½ cup butter
1 cup sugar
2 eggs, well beaten
½ cup milk
½ cup hot, riced potatoes
1 cup flour
2 teaspoons baking powder
½ teaspoon cinnamon
½ teaspoon clove
½ teaspoon nutmeg
½ cup grated chocolate
½ cup chopped nut meats

Cream butter and add sugar gradually, while beating constantly; then add eggs, milk, and potatoes. Beat thoroughly and add flour, mixed and sifted with baking powder, and spices, chocolate, and nut meats. Turn into buttered and floured cake pan and bake 55 minutes in moderate oven (350° F.). Remove from pan and cover with Sour Cream Fudge (p. 714). Do not knead fudge.

Chocolate Mocha Layer Cake

¼ cup butter
1 cup sugar
2 squares chocolate, melted
2 egg yolks, well beaten
½ teaspoon vanilla
1⅓ cups flour
2½ teaspoons baking powder
¼ teaspoon salt
½ cup milk
2 egg whites, beaten stiff

Mix like Chocolate Cake I. Spread a portion ¼ inch thick in pan lined with thoroughly buttered paper. Bake 12 minutes in moderate oven (350° F.). Remove paper and repeat until all are done. Put together with Mocha Frosting (p. 704), cutting them in two to make 6 layers, if necessary. Sprinkle with finely chopped nut meats, chopped toasted coconut, or chocolate shot. Chill before serving.

Devil's Food I

2 squares chocolate
⅓ cup powdered sugar
⅓ cup milk
¼ cup butter
1½ cups powdered sugar
1 egg
2 cups bread flour
3 teaspoons baking powder
¼ teaspoon salt
⅔ cup milk
½ teaspoon vanilla

Melt chocolate, add ⅓ cup sugar, place over heat, add ⅓ cup milk and stir and cook until smooth. Set aside to cool. Cream butter, add, gradually, remaining sugar and unbeaten egg, and beat well. Mix and sift flour, baking powder, and salt and add alternately with milk to butter and egg mixture. Add chocolate mixture and vanilla. Bake 15 to 20 minutes in layer-cake pans in moderate oven (350° F.). Put between layers and on top, any boiled frosting (p. 699) sprinkled, if desired, with ⅔ cup almonds, blanched and shredded.

Devil's Food II

4 squares chocolate
2 egg yolks
1 cup milk, sweet or sour
½ cup butter
2 cups brown sugar
3 cups bread flour
1½ teaspoons soda
1 teaspoon salt
1 cup milk or boiled coffee
2 teaspoons vanilla

Melt chocolate over hot water, add egg yolks, and very slowly, 1 cup milk. Cook and stir over hot water until thickened. Set aside to cool. Cream butter and add sugar gradually. Mix and sift flour, soda, and salt. Add alternately with milk or coffee to butter and sugar mixture. Add chocolate mixture and vanilla, beat thoroughly and bake 45 to 50 minutes in moderately slow oven (325° F.). For a very dark cake, use 8 squares chocolate.

Devil's Food III

4 squares chocolate
½ cup sugar
½ cup sweet milk
1 egg yolk
¼ cup butter
½ cup sugar
1 egg
1 cup flour and 1 tablespoon
¼ teaspoon salt
½ teaspoon soda
¼ cup sour milk
½ teaspoon vanilla

Melt chocolate over hot water, add ½ cup sugar, and gradually sweet milk; then add egg yolk and cook until mixture thickens. Set aside to cool. Cream butter, add gradually ½ cup sugar and egg well beaten. Mix and sift flour, salt, and soda and add alternately with sour milk to butter mixture. Add chocolate mixture and vanilla. Bake in shallow cake pans 30 minutes in moderate oven (350° F.) and put between and on top any boiled frosting (p. 699). Add to filling ¼ cup seeded raisins cut in pieces, if desired.

Devil's Food with Walnuts and Citron

4 squares chocolate
⅔ cup brown sugar
1 cup milk
1 egg yolk
3 egg whites
1 cup brown sugar
⅓ cup butter
2 cups bread flour
¼ teaspoon salt
1 teaspoon soda
½ cup milk
1½ cups chopped walnut meats
1 cup citron, cut in small pieces
2 teaspoons vanilla
2 egg yolks

Melt chocolate, add ⅔ cup sugar, 1 cup milk and 1 egg yolk, slightly beaten. Stir and cook over hot water until smooth. Set aside to cool. Beat egg whites until stiff, beat in ½ cup sugar and set aside. Cream butter and add remaining sugar gradually, while beating constantly. Add 2 egg yolks, well beaten. Mix and sift flour, salt, and soda and add alternately with ½ cup milk, to butter mixture. Add chocolate mixture, nut meats, citron, and vanilla. Beat well and fold in egg whites. Turn into 2 buttered and floured 7-inch square pans and bake 35 minutes in moderate oven (350° F.). Remove from pans and cover with white or chocolate frosting.

Apple Sauce Cake

½ cup butter
1 cup sugar
1 cup cold, unsweetened apple sauce
1 teaspoon soda
1 cup raisins and nuts, cut in pieces
1 teaspoon cinnamon
½ teaspoon powdered clove
2 cups flour

Cream butter, add sugar gradually. Add soda to apple sauce and add to butter and sugar. Add other ingredients and bake in buttered and floured pan 40 minutes in moderate oven (350° F.).

Chocolate Fruit Cake

⅓ cup butter
1 cup sugar
¼ cup breakfast cocoa
3 egg yolks
½ cup cold water
1¼ cups bread flour
3 teaspoons baking powder
1 teaspoon cinnamon
3 egg whites
⅓ cup candied cherries
⅓ cup seeded raisins, cut in pieces
⅓ cup walnut meats, cut in pieces
1 teaspoon vanilla

Mix ingredients in order given and bake in deep cake pan 50 minutes. Cover with any boiled frosting (p. 699) and as soon as frosting is set, spread with a very thin layer of melted chocolate.

Fruit Cake (Without Butter or Eggs)

1 cup sugar
½ cup molasses
¾ cup milk
¼ cup coffee infusion
1½ cups entire wheat flour
½ cup white flour
4 teaspoons baking powder
½ teaspoon salt
1 teaspoon cinnamon
Allspice, Clove, Mace, Grated nutmeg — ¼ teaspoon each
1 pound seeded raisins, cut in pieces

Mix sugar, molasses, milk, and coffee. Mix and sift dry ingredients, reserving ¼ cup white flour. Combine mixtures and add raisins, dredged with remaining flour. Turn into buttered and floured bread pan and bake 50 minutes in moderate oven (350° F.).

Grant Cake

½ cup butter
1 cup sugar
1 egg, well beaten
1 cup sour milk
2½ cups flour
1¼ cups seeded raisins, cut in pieces
1½ teaspoons soda
¾ teaspoon allspice
¾ teaspoon cloves
1½ teaspoons cinnamon
½ teaspoon salt

Cream butter and add sugar gradually, while beating constantly; add egg and sour milk. Mix and sift 2¼ cups flour with soda, spices, and salt and add to first mixture; then add raisins dredged with remaining flour. Turn into a buttered oblong cake pan and bake 50 minutes in moderate oven (350° F.).

Birthday Cake

½ cup butter
1¼ cups brown sugar
2 egg yolks
⅔ cup milk
2¼ cups flour
3½ teaspoons baking powder
1 teaspoon orange extract
1 teaspoon vanilla
½ cup seeded raisins, cut in pieces
½ cup walnut meats, cut in pieces
⅛ cup currants
2 tablespoons candied orange peel, finely cut
2 egg whites

Mix (To Mix Butter Cakes, p. 663). Bake in a buttered and floured angel-cake pan 1¼ hours in slow oven (300° F.). Cover with Ornamental Frosting (pp. 697, 700, or 705).

Quick Date Cake

⅓ cup soft butter
1⅓ cups brown sugar
2 eggs
½ cup milk
1¾ cups flour
3 teaspoons baking powder
½ teaspoon cinnamon
½ teaspoon grated nutmeg
½ pound dates, stoned and cut in pieces

Put ingredients in a bowl and beat all together for 3 minutes, using a wooden cake spoon. Bake in buttered and floured muffin tins or cake pan 35 to 40 minutes in moderate oven (350° F.).

Harvard Cake

2 cups light brown sugar
½ cup butter
2 egg yolks
1 cup sour milk
1 teaspoon soda
½ teaspoon cinnamon
¼ teaspoon nutmeg
2½ cups sifted flour

Cream butter, add sugar slowly, and egg yolks beaten until light. Add sour milk. Sift dry ingredients and add alternately with milk to first mixture. Bake in 2 layer-cake pans in moderate oven (350° F.). Put together with Raisin Filling (p. 692).

Dark Fruit Cake

½ cup butter
¾ cup brown sugar
¾ cup seeded raisins, cut in pieces
¾ cup currants
½ cup citron, thinly sliced and cut in strips
½ cup molasses
2 eggs
½ cup milk
2 cups flour
½ teaspoon soda
1 teaspoon cinnamon
½ teaspoon allspice
½ teaspoon mace
¼ teaspoon clove
½ teaspoon lemon extract

Mix (To Mix Butter Cakes, p. 663). Bake in deep cake pans 1¼ hours in moderately slow oven (325° F.).

Rich Coffee Cake

1 cup butter
2 cups sugar
4 eggs
2 tablespoons molasses
1 cup cold, boiled coffee
3¾ cups flour
5 teaspoons baking powder
1 teaspoon cinnamon
½ teaspoon clove
½ teaspoon mace
½ teaspoon allspice
¾ cup raisins, seeded and cut in pieces
¾ cup currants
¼ cup citron, thinly sliced and cut in strips
2 tablespoons brandy flavoring or coffee

Mix (To Mix Butter Cakes, p. 663). Bake in deep cake pans.

Golden Spice Cake

½ cup butter
½ cup brown sugar
1 egg
4 egg yolks
½ cup molasses
½ cup milk
2¼ cups flour
1 teaspoon cinnamon
½ teaspoon soda
½ teaspoon clove
¼ teaspoon grated nutmeg
Few grains cayenne
Few gratings lemon rind

Cream butter, add sugar gradually, egg and egg yolks well beaten, molasses, milk, flour mixed and sifted with spices, cayenne, and lemon rind. Bake 1 hour in moderate oven (350° F.) and cover with White Mountain Cream (p. 699).

Nut Spice Cake

½ cup butter
1 cup brown sugar
½ cup molasses
4 egg yolks
1 cup sour milk
2½ cups flour
1 teaspoon soda
1 teaspoon cinnamon
½ teaspoon clove
¼ nutmeg, grated
1 cup raisins, seeded and cut in pieces
½ cup currants
½ cup English walnuts, cut in pieces
1½ teaspoons baking powder

Mix (To Mix Butter Cakes, p. 663). Bake 1 hour in moderate oven (350° F.).

Ribbon Cake

½ cup butter
2 cups sugar
4 egg yolks
1 cup milk
3½ cups flour
5 teaspoons baking powder
4 egg whites
½ teaspoon cinnamon
¼ teaspoon mace
¼ teaspoon nutmeg
⅓ cup raisins, seeded and cut in pieces
⅓ cup figs, finely chopped
1 tablespoon molasses

Mix first 7 ingredients in order given. Bake ⅔ of mixture in 2 layer-cake pans. To the remainder add spices, fruit, and molasses, and bake in a layer-cake pan. Put layers together with jelly (apple usually being preferred, as it has less flavor), having the dark layer in the center.

English Fruit Cake

1 pound butter
1 pound light brown sugar
9 eggs
1 pound flour
2 teaspoons mace
2 teaspoons cinnamon
1 teaspoon soda
3 pounds currants
2 pounds seeded raisins, finely chopped
½ pound almonds, blanched and shredded
1 pound citron, thinly sliced and cut in strips
2 tablespoons milk

Cream butter, add half the sugar gradually, and beat thoroughly. Beat egg whites until stiff, add remaining sugar and set aside. Beat egg yolks until thick and lemon-colored, and add to first mixture. Add egg whites. Then add milk, fruit, nuts, and flour mixed and sifted with mace, cinnamon, and soda. Put in buttered deep pans. If to be steamed, cover loosely with buttered paper, and tie paper firmly in place. Then steam 3 hours and bake 1½ hours in slow oven (300° F.). If desired, bake 4 hours in very slow oven (275° F.) without steaming. Rich fruit cake is always more satisfactory if part of the cooking is accomplished by steaming.

Wedding Cake I

1 pound butter
1 pound sugar
12 eggs
1 pound flour
2 teaspoons cinnamon
Nutmeg, Allspice, Mace } ¾ tablespoon each
2 tablespoons lemon juice
½ teaspoon clove
3 pounds seeded raisins, cut in pieces
1 pound currants
1 pound citron, thinly sliced and cut in strips
1 pound figs, finely chopped
¼ cup grape juice

Cream butter, add sugar gradually, and beat thoroughly. Beat egg yolks until thick and lemon-colored, egg whites until stiff, and add to first mixture. Add flour (excepting ⅓ cup, which should be reserved to dredge fruit) mixed and sifted with spices, grape juice, and lemon juice. Then add fruit, except citron, dredged with reserved flour. Dredge citron with flour and put in layers between cake mixture when putting in the pan. Bake like English Fruit Cake.

Wedding Cake II

1 pound butter
1 pound brown sugar
12 eggs
1 cup molasses
1 pound flour
4 teaspoons cinnamon
4 teaspoons allspice
1½ teaspoons mace
1 nutmeg, grated
¼ teaspoon soda
3 pounds seeded raisins, cut in pieces
2 pounds Sultana raisins
1½ pounds citron, thinly sliced and cut in strips
1 pound currants
½ preserved lemon rind
½ preserved orange rind
1 cup grape juice
4 squares chocolate, melted
1 tablespoon hot water

Cream butter, add sugar gradually, and beat thoroughly. Beat egg yolks until thick and lemon-colored. Add to first mixture, then add flour (reserving ⅓ cup, to dredge fruit), mixed and sifted with spices, fruit dredged with flour, lemon rind and orange rind finely chopped, grape juice, chocolate, and egg whites beaten until stiff. Just before putting into pans, add soda dissolved in hot water. Cover pans with buttered paper. Bake like English Fruit Cake (p. 687).

Election Cake

½ cup butter
1 cup bread dough (p. 36)
1 egg, well beaten
1 cup brown sugar
½ cup sour milk
⅔ cup raisins, seeded and cut in pieces
8 finely chopped figs
1¼ cups flour
½ teaspoon soda
1 teaspoon cinnamon
¼ teaspoon clove
¼ teaspoon mace
¼ teaspoon nutmeg
1 teaspoon salt

Work butter into dough, using the hand. Add egg, sugar, milk, fruit dredged with 2 tablespoons flour, and flour mixed and sifted with remaining ingredients. Put into a well-buttered bread pan, cover, and let rise 1¼ hours. Bake 1 hour in slow oven (300° F.). Cover with Milk Frosting (p. 702).

Raised Loaf Cake

1 cup butter
2 cups brown sugar
2 eggs, well beaten
2 cups bread sponge
2 teaspoons cinnamon
1 teaspoon cloves
2 teaspoons soda
1 teaspoon salt
2 cups seeded raisins
1 cup flour

Cream butter and add sugar gradually, while beating constantly; then add eggs, bread sponge, spices, soda, and salt (mixed and sifted), and raisins cut in quarters and mixed with flour. Turn into 2 buttered and floured oblong pans, cover, let rise 3 hours and bake 1 hour in moderate oven (350° F.). Remove from pan and cover top with Portsmouth Frosting (p. 698).

Bread Sponge. Mix 1 tablespoon each, butter, sugar, and salt; add 1 yeast cake dissolved in 1 cup lukewarm water, and 2½ cups flour. Cover and let rise until mixture is light.

CHAPTER 42

CAKE FILLINGS AND FROSTINGS

Cream Filling

⅔ cup sugar
⅛ cup bread flour
⅛ teaspoon salt
2 cups scalded milk
1 teaspoon vanilla or
½ teaspoon lemon extract
2 eggs or egg yolks

Mix dry ingredients. Add scalded milk gradually. Cook 15 minutes in double boiler, stirring constantly until mixture thickens, and afterwards occasionally. Add eggs, slightly beaten, and cook 2 or 3 minutes longer. Cool and flavor. For a thicker filling, use ½ cup flour.

Chocolate Cream Filling

Add 1¼ squares melted chocolate to Cream Filling, made with ¾ cup sugar. Flavor with vanilla.

Coffee Cream Filling

Scald 2 tablespoons ground coffee with milk, strain, and make like Cream Filling.

Praline Cream

To 1 cup Cream Filling add ⅔ cup Praline Powder (p. 721).

Caramel Filling

Add ⅓ cup Caramel Sirup (p. 721) to Cream Filling made with ½ cup flour.

White Mountain Cream Filling

Make Cream Filling, omitting ½ cup milk. Just before serving add ½ cup whipping cream, beaten stiff.

Frangipan Cream

⅔ cup powdered sugar
⅓ cup flour
2 eggs or 4 egg yolks
¼ teaspoon salt
1 cup scalded milk
2 tablespoons butter
2 tablespoons macaroons (dried and rolled)
⅔ teaspoon vanilla
⅓ teaspoon lemon extract

Make a cream filling of first 5 ingredients; then add butter, macaroons, and extracts.

Butterscotch Filling

¾ cup brown sugar
4 tablespoons butter
½ cup bread flour
½ teaspoon salt
2 eggs, slightly beaten
2 cups milk
¼ teaspoon vanilla

Mix butter and sugar. Cook 2 minutes or until sirup is brown. Add 1⅔ cups cold milk and scald over hot water. Mix flour and salt with remaining milk, add to hot mixture, and cook 15 minutes. Add eggs, cook 2 minutes. Cool and flavor.

Lemon Filling

1 cup sugar
2½ tablespoons flour
Grated rind 2 lemons
¼ cup lemon juice
1 egg, slightly beaten
1 teaspoon butter

Mix sugar and flour, add grated rind, lemon juice, and egg. Melt butter in pan, add mixture, and stir constantly until boiling point is reached. Care must be taken that mixture does not stick to bottom of saucepan. Cool.

Orange Filling I

½ cup sugar
2½ tablespoons flour
Grated rind ½ orange
¼ cup orange juice
½ tablespoon lemon juice
1 egg, slightly beaten
1 teaspoon butter

Mix in order given. Cook 15 minutes in double boiler, stirring constantly. Cool.

Orange Filling II

1 tablespoon butter
3 tablespoons powdered sugar
2 tablespoons flour
⅓ cup sugar
1 egg yolk, slightly beaten
¼ cup orange juice
Grated rind ¼ orange
1 teaspoon lemon juice

Wash butter and work until creamy; then add powdered sugar gradually. Mix flour, sugar, and egg yolk. Add orange juice and cook over hot water, stirring constantly, until mixture thickens. Combine mixtures and add grated rind and lemon juice. If orange juice is sour, it is not necessary to add lemon juice.

Lemon Coconut Cream

Juice and grated rind 1 lemon
1 cup powdered sugar
2 egg yolks, slightly beaten
1 cup shredded coconut

Mix lemon juice and rind with sugar and egg yolks; cook 10 minutes in double boiler, stirring constantly; then add coconut.

Chocolate Filling

2½ squares unsweetened chocolate
1 cup powdered sugar
3 tablespoons milk
1 egg yolk
½ teaspoon vanilla

Melt chocolate over hot water, add half the sugar, and milk; add remaining sugar and egg yolk. Cook in double boiler until thickened, stirring constantly at first, that mixture may be perfectly smooth. Cool slightly, flavor, and spread.

Fig Filling

½ pound figs, finely chopped
⅓ cup sugar
⅓ cup boiling water
1 tablespoon lemon juice

Mix in order given and cook in double boiler until thick enough to spread. Spread while hot.

Raisin Filling

1 cup sugar
¼ cup water
2 egg whites, beaten until stiff
1 cup chopped raisins

Cook sugar and water until it spins a thread. Pour slowly on egg whites, beating until mixture is thick enough to spread. Fold in raisins.

Bertha's Raisin Filling

1 cup sour cream
1 cup sugar
1 cup seeded raisins

Cook in double boiler until thickened.

Marshmallow Paste (Filling or Frosting)

1 cup sugar
⅓ cup milk
¼ pound marshmallows
2 tablespoons hot water
½ teaspoon vanilla

Heat sugar and milk slowly to boiling point without stirring, and boil 6 minutes. Cut marshmallows in pieces and melt in double boiler, add hot water, and cook until mixture is smooth, then add hot sirup gradually, stirring constantly. Beat until cool enough to spread, then add vanilla.

Pistachio Paste (Filling or Frosting)

To Marshmallow Paste add a few drops extract of almond, ⅓ cup pistachio nuts blanched and chopped, and green food color.

Mocha Filling

⅓ cup sugar
⅓ cup flour
2 cups scalded milk
1 cup butter
1 teaspoon vanilla

Mix sugar and flour. Add milk gradually, while stirring constantly. Cook 15 minutes in double boiler, stirring constantly until mixture thickens and afterwards occasionally. Add butter, cool, and flavor.

Chocolate Mocha Filling

Flavor Mocha Filling with 3 ounces melted sweet chocolate.

Lady Baltimore Filling

Ice Cream Frosting (p. 699)
½ cup chopped pecan nut meats
3 figs, cut in thin strips
½ cup seeded raisins, chopped

When frosting is ready to spread, add other ingredients to half the frosting, saving other half to frost top and sides of cake.

Lord Baltimore Filling

Ice Cream Frosting (p. 699)
½ cup rolled dry macaroons
¼ cup chopped pecan nut meats
¼ cup chopped blanched almonds
12 candied cherries, cut in quarters
2 teaspoons lemon juice
¼ teaspoon orange extract

Beat frosting until ready to spread. Add other ingredients to half the frosting, saving other half to frost top and sides of cake.

Nut or Fruit Filling

To any boiled frosting (p. 699) add chopped walnuts, almonds, figs, dates, or raisins, separately or in combination.

Prune Almond Filling

White Mountain Cream (p. 699). ½ cup prunes, stoned and cut in pieces
⅓ cup almonds, blanched and cut in pieces

When frosting is ready to spread, add prunes and almonds.

Banana Filling I

Cover White Mountain Cream (p. 699) with thin slices of banana.

Banana Filling II

Mash bananas, force through strainer to make 1 cup, and add juice of half a lemon. Add to Cream Filling (p. 690).

French Cream Filling

1 cup whipping cream
¼ cup powdered sugar
1 egg white, beaten until stiff
½ teaspoon vanilla

Beat cream until stiff, add sugar slowly, and fold in egg white. Add vanilla.

French Coffee Cream Filling

Flavor French Cream Filling with strong coffee, or instantaneous coffee, to taste.

Fruit Cream Filling

1 cup whipping cream
⅓ cup powdered sugar
Few grains salt
⅓ cup figs
⅓ cup prunes
2 teaspoons lemon juice
3 tablespoons chopped walnut meats

Beat cream until stiff and add sugar, salt, nut meats, figs, and prunes, cut in very small pieces, and lemon juice.

Strawberry Filling

1 cup whipping cream
⅓ cup sugar
1 egg white, beaten until stiff
½ cup strawberries, mashed
½ teaspoon vanilla

Beat cream until stiff, fold in egg white, slowly add sugar and strawberries. Add vanilla.

Syracuse Filling

1 cup whipping cream
½ cup sugar
½ teaspoon granulated gelatine, soaked in
1 tablespoon cold water
1 tablespoon boiling water
6 marshmallows
9 candied cherries
4 macaroons
½ teaspoon vanilla

Beat cream until stiff and add sugar gradually; then add gelatine dissolved in boiling water. Add marshmallows and cherries cut in small pieces, macaroons dried and rolled, and vanilla.

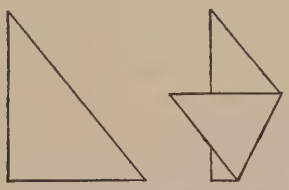
FROSTINGS

Frostings may be put on with a spoon or spatula. Those made with beaten egg whites or butter may be forced through a pastry bag and tube, if a more elaborate effect is desired. A cloth pastry bag may be used or one may be made of paper. White frostings may be flavored and colored as desired.

To Make a Pastry Bag

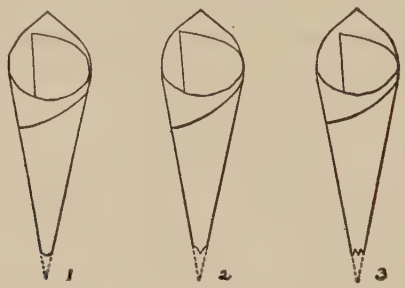
Use thin, tough paper (writing paper or fresh, clean, wrapping paper) in sheets 8½ by 11 inches.

Cut the sheets diagonally in two (see below). Hold one long point of paper in each hand and wrap around to make a cornucopia with a very sharp point. This point should come in the middle of the longest side.



The three corners of the triangular piece of paper should come together at the open end where they can be turned in several times so that the cornucopia will hold together firmly. The points may be cut in one of the three ways shown below. Diagram 1 shows how to cut the point for a plain tube; diagram 2 for a leaf tube; and diagram 3 for a star tube.

For elaborate work it is desirable to have several small brass tubes with different shaped openings. Such tubes are for sale at kitchen furnishing stores and are numbered as follows: Number 3 for stems and writing, Number 15 for flowers, Number 46 for borders, Number 59 and Number 60 for sweet peas and roses, Number 65 for leaves, and Number 86 for borders.



These metal tubes may be used in the paper cornets or in the cloth pastry bag. When using with the paper tube, cut off three-fourths of an inch at the pointed end and drop the metal tube into it, letting tube project through the opening at the end of the cornet. Then put frosting inside the paper cornet. These paper bags are most convenient when using frosting of several different colors. When only one color is being use, as in decorating a wedding cake, a cloth bag with a metal end to which the tubes may be screwed will be found more convenient, as the paper bags soften and break with much usage.

To Fill Pastry Bag

Put frosting into the bag, filling it not more than one-third full. Bring the edges of the open top together, turn down the righthand corner, then the lefthand corner; then fold over twice and continue to fold the paper tube down to the frosting. If using a cloth bag twist the bag just above the frosting. This is done in order that all the frosting may be forced out through the tube at the lower end of the bag and also to prevent any of the frosting coming out at the top.

A frosting, in order to go through the tube easily, must be very light and full of air. Use Ornamental Frosting I, II, or III, or a butter frosting. A plain frosting of water and confectioners' sugar or a fudge frosting *cannot* be forced through a tube as it becomes hard and dry.

Confectioners' Frosting

Boiling water, milk, or cream — 1¼ cups confectioners' sugar
Flavoring

Add to sifted sugar liquid to make of right consistency to spread; then add flavoring. Fresh fruit juice may be used for liquid. A most satisfactory frosting, easily and quickly made.

Oscar's Frosting

1 tablespoon corn sirup — Confectioners' sugar
¼ cup boiling water — Flavoring

Put corn sirup in saucepan, add boiling water and ½ cup sugar. Stir until well blended; then add ½ cup sugar, and so continue until about 3 cups of sugar have been used, beating vigorously after each addition. Flavor as desired. While making this uncooked frosting, pan should be frequently placed over boiling water, that mixture may be kept at a uniform lukewarm temperature. To keep frosting smooth and creamy, sugar must not be added at too short intervals.

Petits Fours Frosting

2 cups sugar — 1 cup hot water
⅛ teaspoon cream of tartar — Confectioners' sugar, sifted (about 1 pound)

Cook sugar, cream of tartar, and water in agate saucepan without a lip, to 226° F. or to a thin sirup. Cool to slightly above lukewarm (100° F.) and add enough sugar to make of consistency to pour over cake. Always add sugar to sirup, not the sirup to the sugar.

Plain Frosting

1 egg white — ½ teaspoon vanilla or
2 teaspoons cold water — ½ tablespoon lemon juice
¾ cup confectioners' sugar

Beat egg white until stiff; add water and sugar. Beat thoroughly, then add flavoring. Use more sugar if needed. Spread with a broad-bladed knife.

Royal Frosting or Ornamental Frosting I

3 egg whites — 1 tablespoon lemon juice — Confectioners' sugar, sifted

Put eggs in a large bowl, add 2 tablespoons sugar, and beat 3 minutes, using a perforated wooden spoon. Repeat until 1½ cups sugar are used. Add lemon juice gradually, as mixture thickens. Continue adding sugar by spoonfuls, beating until frosting is stiff enough to spread. This may be determined by taking up some of mixture on back of spoon, and with a case knife making a cut through mixture; if knife makes a clean cut and frosting remains parted, it is of right consistency. Spread cake thinly with frosting; when this has hardened, put on a thicker layer, having mixture somewhat stiffer than first coating, and then crease for cutting. To remaining frosting add enough sugar so that frosting may keep in shape after being forced through a pastry bag and tube.

Portsmouth Frosting

2 tablespoons cream
Confectioners' sugar
2 teaspoons melted butter
½ teaspoon vanilla

To cream add sugar until of right consistency to spread; then add butter and vanilla.

Coffee Confectioners' Frosting

2 tablespoons hot coffee infusion
1 teaspoon butter
½ teaspoon vanilla
Confectioners' sugar

Melt butter in coffee and add vanilla and confectioners' sugar until mixture is of the right consistency to spread. Vanilla may be omitted.

Cocoa Frosting

1 cup confectioners' sugar
2 tablespoons cocoa
2 tablespoons melted butter
1 teaspoon vanilla
Hot coffee infusion

Mix sugar, cocoa, and butter. Moisten with coffee until of right consistency to spread. Dip knife in coffee while spreading on cake.

Berkshire Chocolate Frosting

2 squares chocolate
1 teaspoon butter
5 tablespoons boiling water
Confectioners' sugar
¼ teaspoon vanilla

Melt chocolate in small saucepan placed over hot water. Add butter and boiling water and stir in sugar gradually, until mixture is of right consistency to spread; then add flavoring.

Chocolate Frosting

1½ squares chocolate
⅓ cup scalded cream
Few grains salt
1 egg yolk
½ teaspoon melted butter
Confectioners' sugar
½ teaspoon vanilla

Melt chocolate over hot water, add cream gradually, salt, egg yolk, and butter. Stir in confectioners' sugar until of right consistency to spread.

Orange Frosting

Grated rind 1 orange
½ teaspoon lemon juice
1 tablespoon orange juice
1 egg yolk
Confectioners' sugar

Add rind to fruit juices and let stand 15 minutes. Strain and add gradually to egg yolk. Stir in confectioners' sugar until of right consistency to spread.

White Mountain Cream (Boiled Frosting I)

1 cup sugar
⅓ cup water
⅛ teaspoon cream of tartar or
½ tablespoon lemon juice
1 egg white, beaten until stiff

Put sugar, water, and cream of tartar in pan, stir until sugar is dissolved, and bring to boiling point. Add 3 tablespoons sirup to beaten whites, beating constantly after adding each spoonful. Boil sirup to 240° F. or until it spins a long thread. Pour gradually on egg white, beating constantly. Flavor as desired.

Seven-Minute Frosting (Boiled Frosting II)

1 egg white, unbeaten
¾ cup sugar, finely sifted
3 tablespoons cold water
⅛ teaspoon cream of tartar
Few grains salt

Combine ingredients in top of double boiler over briskly boiling water. Beat with egg beater until stiff enough to stand up in peaks (7 to 10 minutes). Flavor as desired and beat until thick enough to spread. During cooking, keep sides of double boiler cleaned down with spatula.

Ice-Cream Frosting (Boiled Frosting III)

1½ cups sugar
½ teaspoon vanilla
½ cup water
2 egg whites

Make like White Mountain Cream. This frosting, on account of the larger quantity of egg, does not stiffen so quickly as White Mountain Cream, therefore is more successfully made by the inexperienced.

Fluffy Frosting (Boiled Frosting IV)

¾ cup sugar
¼ cup water
⅛ teaspoon cream of tartar
2 egg whites
½ teaspoon vanilla

Cook and stir sugar, water, and cream of tartar over low heat until sugar dissolves. Increase heat and cook to 240° F. Start testing for the long thread. Cook until syrup spins a thread 12 to 15 inches long or to 266° F. Add syrup slowly to stiffly beaten egg whites, beating constantly. Add vanilla and beat until frosting will hold its shape.

Ornamental Frosting II

2 cups sugar
1 cup water
3 egg whites
¼ teaspoon cream of tartar

Boil sugar and water until sirup forms a long thread when dropped from tip of spoon. Pour sirup gradually on beaten egg whites, beating constantly; then add cream of tartar and continue beating. When stiff enough to spread, put thin coating over cake. Beat remaining frosting until cold and stiff enough to keep in shape after being forced through pastry tube. After first coating on cake has hardened, cover with a thick layer, and crease for cutting. If frosting is too stiff to spread smoothly, thin with few drops of water. With a pastry bag and variety of tubes, cake may be ornamented as desired.

Twice-Cooked Frosting

Follow directions for any boiled frosting. If not stiff enough when ready to spread, set bowl containing mixture over lower part of double boiler containing boiling water and place over heat, cutting and folding until mixture becomes granular around edge of bowl. Remove bowl and beat mixture with a spoon until it will hold its shape. Pour on cake and spread with back of spoon, leaving a rough surface.

Brown Sugar Frosting

Make any boiled frosting, using brown sugar in place of white sugar.

Caramel Frosting (Boiled)

Add 3 tablespoons Caramel Sirup (p. 721) to sugar and water in making any boiled frosting.

Chocolate Frosting (Boiled)

To any boiled frosting add 1½ squares melted chocolate as soon as sirup is added to egg whites.

Coconut Frosting (Boiled)

Add ¼ cup shredded coconut to any boiled frosting and sprinkle coconut thickly over the top before it is set.

Maraschino Frosting (Boiled)

Flavor any boiled frosting with Maraschino Sirup.

Marshmallow Frosting (Boiled)

Add 24 marshmallows cut in small pieces to any boiled frosting and fold over and over until stiff enough to hold its shape.

Orange Frosting (Boiled)

Add ¼ cup chopped candied orange peel to any boiled frosting.

Nut Caramel Frosting

1¼ cups brown sugar
⅓ cup water
¼ cup white sugar
1 teaspoon vanilla
¼ cup English walnut meats, broken in pieces
2 egg whites

Boil sugar and water as for White Mountain Cream. Pour gradually, while beating constantly, on beaten egg whites, and continue beating until mixture will hold its shape. If mixture is not stiff enough, finish like Twice-Cooked Frosting. Add nuts and vanilla, pour on cake, and spread with back of spoon, leaving a rough surface.

Coconut Coffee Frosting

1 cup sugar
½ cup brown sugar
½ cup coffee infusion
2 egg whites
½ cup shredded coconut
½ teaspoon vanilla
Few grains salt

Boil sugar and coffee until sirup will spin a thread when dropped from tip of spoon. Pour gradually, while beating constantly, on egg whites beaten until stiff, and continue until cool. Finish like Nut Caramel Frosting. Then add coconut, vanilla, and salt. Pour on cake and spread with back of spoon, leaving a rough surface.

Quality Frosting

2 cups sugar
3 tablespoons molasses
½ cup water
2 egg whites
Few grains salt
⅔ teaspoon vanilla
⅛ teaspoon lemon extract
1 cup chopped nut meats

Add sugar and molasses to water, heat, and stir until sugar dissolves. Boil until mixture nearly holds its shape when tried in cold water. Pour sirup slowly, while beating constantly, on egg whites beaten until stiff, and continue until mixture is stiff enough to spread. If mixture is not stiff enough, finish like Twice-Cooked Frosting. Add remaining ingredients. Pour over cake and spread with back of spoon, leaving a rough surface.

Boiled Maple Frosting

1 pound soft maple sugar ½ cup boiling water 2 egg whites

Break sugar in small pieces, put in saucepan with boiling water, and stir occasionally until sugar is dissolved. Boil without stirring until sirup will thread when dropped from tip of spoon. Pour sirup gradually on beaten whites, beating mixture constantly, and continue beating until of right consistency to spread.

Milk Frosting

1½ cups sugar
½ cup milk
1 teaspoon butter
½ teaspoon vanilla

Melt butter in pan, add sugar and milk. Stir while heating to boiling point. Boil without stirring until mixture forms soft ball when tried in cold water (238° F.). Cool and beat until of right consistency

to spread; then add flavoring and pour over cake, spreading evenly with back of spoon. Crease as soon as firm. If too stiff, melt over hot water.

Chocolate Milk Frosting

Make like Milk Frosting, adding 1½ squares melted chocolate as soon as boiling point is reached. Flavor with ⅛ teaspoon cinnamon.

Buttermilk Frosting

¾ cup buttermilk ¾ cup sugar

Cook until mixture forms soft ball when tried in cold water (238° F.). Cool, then beat until of right consistency to spread.

Opera Caramel Frosting

1½ cups brown sugar ¾ cup thin cream ½ tablespoon butter

Cook until mixture forms soft ball when tried in cold water (238° F.). Cool, then beat until of right consistency to spread.

Maple Frosting

1⅓ cups sugar
⅔ cup grated maple sugar
½ cup butter
⅔ cup cream

Cook until mixture forms soft ball when tried in cold water (238° F.). Cool, then beat until of right consistency to spread.

Cream Maple-Sugar Frosting

1 pound soft maple sugar 1 cup cream

Break sugar in small pieces, put in saucepan with cream, and stir occasionally until sugar is dissolved. Boil without stirring until a ball can be formed when mixture is tried in cold water. Cool, then beat until of right consistency to spread.

Sultana Nut Frosting

2 cups brown sugar
¾ cup heavy cream
¼ cup seedless raisins
¼ cup English walnut meats

Cook sugar and cream until mixture forms soft ball when tried in cold water (238° F.). Turn on marble slab or large platter, cool, then work until creamy, using a spatula or large wooden spoon. Add raisins and nut meats, cut in small pieces, and spread on cake.

Fudge Frosting I

Use Sour Cream Fudge (p. 714), without kneading.

Fudge Frosting II

2 squares chocolate
1 cup sugar
1 tablespoon flour
Few grains salt
⅓ cup milk
2 tablespoons butter
¼ teaspoon vanilla

Melt chocolate over hot water, add sugar, flour, and salt mixed together. Stir until smooth, add milk slowly. Stir until sugar dissolves. Cook until mixture forms a soft ball when tried in cold water (238° F.). Add butter and vanilla. Cool and beat until thick enough to spread on cake. If it becomes too stiff, soften over hot water.

Fudge Almond Frosting

Add ¼ cup Jordan almonds, blanched and cut in pieces, to Fudge Frosting.

Butter Frosting I

⅓ cup butter 1 cup confectioners' sugar Flavoring

Cream butter, add sugar gradually, while beating constantly. Color and flavor as desired. For elaborate decoration, force through pastry bag and tube.

Butter Frosting II

Add 1 cup Cream Filling (cold) to Butter Frosting I. Color and flavor as desired.

Mocha Frosting

⅓ cup butter
1½ cups confectioners' sugar
1 tablespoon breakfast cocoa
Coffee infusion

Cream butter, add sugar gradually, while beating constantly. Add cocoa and liquids, drop by drop, until of desired consistency.

Chocolate Butter Frosting

Add 1½ squares melted chocolate slowly to Butter Frosting II. Flavor with ½ teaspoon vanilla.

Japanese Frosting

¼ cup butter
1½ cups sifted confectioners' sugar
2 egg whites
Flavoring
Food coloring, if desired

Cream butter, add gradually ½ cup sugar, beating constantly. Beat egg whites until stiff and beat in gradually 1 cup sugar. Combine mixtures and add enough sugar to make frosting stiff enough to hold shape. Color and flavor as desired.

Chocolate Japanese Frosting

Add slowly to Japanese Frosting 3 squares chocolate melted over hot water.

Fondant Icing

See Fondant (p. 719). Use for dipping small cakes. See Petits Fours (p. 719).

Marshmallow Frosting

1 cup Fondant (p. 719)
1 egg white, beaten until stiff
¼ teaspoon vanilla

Melt fondant over hot water, add egg white and stir 2 minutes. Beat until of right consistency to spread. Delicious for chocolate cake, but never perfectly smooth.

Ornamental Frosting III

3 egg whites
Confectioners' sugar, sifted
¼ teaspoon cream of tartar

Put egg whites in large bowl with ½ cup sugar and beat vigorously 10 minutes; then add another half cup sugar, and beat. Add cream of tartar and continue adding sugar and beating until mixture will hold its shape when forced through a pastry bag and tube.

CHAPTER 43

NUTS AND CONFECTIONS

A candy thermometer which registers up to 400° F. is a great aid in obtaining accurate and uniform results in making candy. Test accuracy of thermometer in boiling water; it should register 212° F.

Place thermometer in water and bring to boiling point, then transfer to sugar sirup, to avoid heating it too suddenly. When removing thermometer from candy, place immediately in very hot water and allow it to cool slowly.

Tests for Sugar Sirup

Crystal sirup	220° F.
Soft ball	238° F.
Medium ball	240° F.
Stiff ball	244° F.
Hard ball	250° F.
Light crack	264° F.
Medium crack	272° F.
Hard crack	290° F.
Extra hard crack	330° F.
Caramel	360° F.

To Blanch Nuts. *Almonds, Pistachio Nuts,* and *English Walnuts.* Cover with boiling water, let stand two minutes. Drain, put in cold water, rub off skins, and dry on towel.

Filberts. Cover with boiling water, let stand six minutes, drain, remove skins with sharp vegetable knife.

Salted Nuts I

(Almonds, Filberts, Peanuts, or Pecans)

Blanch almonds and filberts. Use raw peanuts and remove skins. Use whole pecan nut meats.

For each cup of nuts, heat, in small frying pan, ½ cup olive or cooking oil, or half lard and half clarified butter. Put in enough nut meats at a time to cover bottom of pan and stir until delicately browned.

Remove with spoon or small skimmer, taking up as little oil as possible. Drain on brown paper and sprinkle lightly with salt. Avoid cooking nut meats (especially pecans) too long, as they darken after being removed from fat.

Salted Nuts II

Blanched raw nuts Oil Salt

Sprinkle nuts with oil and brown in hot oven (400° F.), stirring occasionally. Sprinkle with salt after removing from oven.

Deviled Almonds

2 ounces blanched and shredded almonds
Butter
1 tablespoon Chutney
2 tablespoons chopped pickles
1 tablespoon Worcestershire Sauce
¼ teaspoon salt
Few grains cayenne

Fry almonds until well browned, using enough butter to prevent almonds from burning. Mix remaining ingredients, pour over nuts, and serve as soon as thoroughly heated.

Deviled Raisins

Remove stems from large selected raisins and cook in hot salad oil until plump. Drain on brown paper and sprinkle with salt and paprika.

Stuffed Dates

Wash and stone. Stuff with any of the following and roll in powdered or granulated sugar.

English walnut meats, broken in pieces
Pecan nut meats, broken in pieces
Salted almonds
Brazil nuts, skinned
Candied ginger, cut fine
Candied pineapple, cut fine
Fondant I or II (p. 719)

Stuffed Figs

Do not use pressed figs. Wash, dry, make an opening in each, stuff with chopped salted almonds, half a marshmallow and an English

walnut meat, broken in pieces, or Maraschino cherries and pecan nut meats. Roll in granulated sugar.

Stuffed Prunes

Wash, stone, and stuff with stoned prunes or dates, chopped nuts, or Fondant (pp. 718, 719). Roll in sugar. Prunes may be steamed until tender before stuffing.

Fruit Roll

¾ cup raisins ¼ cup walnut meats Few grains salt

Wash raisins, dry, put through food chopper with nuts. Mix well, salt to taste, and shape in small roll. Slice.

Fruit Bars

1 cup figs 1 cup dates 2 cups English walnut meats

Stem figs, stone dates, mix with nuts, and put through food chopper. Mix thoroughly and press firmly ¾ inch thick in buttered pan. Cut in squares or shape in balls. Roll in powdered sugar. See also Chocolate Dominoes (p. 649).

Pop Corn

Half a cup of pop corn should yield 1½ quarts popped corn. Put corn in popper, shake over low heat until kernels begin to pop. Shake rapidly until popping stops, and remove from fire. Sprinkle with salt.

Buttered Pop Corn

Melt 3 tablespoons butter in large saucepan, add 1½ quarts popped corn, and stir until thoroughly coated. Sprinkle with salt and serve at once.

Sugared Pop Corn

2 quarts popped corn 2 cups brown sugar
2 tablespoons butter ½ cup water

Melt butter in pan and add sugar and water. Boil 16 minutes or until it forms a soft ball when tried in cold water (238° F.). Pour over corn and stir until every kernel is well coated with sugar.

Corn Balls

5 quarts popped corn
2 cups sugar
1½ cups water
½ cup white corn sirup
⅓ teaspoon salt
1 teaspoon vinegar
1 tablespoon vanilla

Put perfect kernels in large pan. Boil sugar, water, and corn sirup without stirring to 260° F., or until it cracks when tried in cold water. Add vinegar, salt, and vanilla and boil to 264° F. Pour slowly over corn, stirring and turning with a spoon so that each kernel may be evenly coated. Make into balls, let stand in cold place until brittle, and wrap in wax paper.

Molasses Corn Balls

3 quarts popped corn
1 cup molasses
½ cup sugar
1 tablespoon butter
½ teaspoon salt

Pick over corn, discarding hard kernels, put in large pan, and sprinkle with salt. Melt butter in pan and add molasses and sugar. Boil to 270° F. or until mixture will become brittle when tried in cold water. Pour mixture gradually, while stirring constantly, over corn. Shape into balls, using as little pressure as possible. Wrap in wax paper.

Candied Orange Peel

Remove peel from 4 oranges in lengthwise sections, cover with cold water, bring to boiling point, and cook slowly until soft. Drain, remove white part with spoon, and cut peel in thin strips with scissors. Put 1 cup sugar, ½ cup water and peel in saucepan. Cook peel slowly until clear or to 230° F. Cool on plate and roll in granulated sugar.

Chocolate Dipped Orange Peel

Do not roll strips of Candied Orange Peel but dip, separately, in melted coating chocolate. Dry on wax paper.

Candied Grapefruit Peel

Wipe 3 grapefruit and remove peel in 6 sections lengthwise of fruit. Soak overnight in 1 quart cold water to which has been added 1 tablespoon salt. Drain, cover with cold water, bring to boiling

point and boil 20 minutes. Repeat 3 times and cook in the last water until soft (about 4 hours). Drain and cut in strips ⅛ inch wide. Weigh peel, put an equal weight of sugar in saucepan, and add half a cup of water. Bring to boiling point, add peel, cover, and cook until clear or to 230° F. Remove to plate, taking up as little sirup as possible. Cool, roll each piece in powdered sugar, and spread out to dry. Store in glass jars.

Crystallized Mint Leaves

Wipe fresh mint leaves, remove from stems, and brush each leaf with egg white beaten until stiff. Dip in ⅓ cup granulated sugar flavored with 5 drops oil of spearmint. Place closely together on a cake rack covered with paraffin paper and let stand in slow oven until dry. If the leaves are not thoroughly coated, the process may be repeated.

Glacé Nuts

2 cups sugar 1 cup boiling water ⅛ teaspoon cream of tartar

Put ingredients in smooth saucepan, stir, place on range, and heat to boiling point. Wash down sugar which adheres to sides of pan as in making fondant. Boil without stirring until sirup begins to discolor (310° F.). Remove saucepan from fire and place in larger pan of cold water to stop boiling instantly. Remove from cold water and place in saucepan of hot water during dipping. Take nuts separately on long pin or skewer, dip in sirup to cover, remove from sirup, and place on oiled cooky sheet.

Glacé Fruits

Use white grapes, strawberries, sections of mandarins and oranges, kumquats, candied cherries, etc. Take grapes separately from clusters, leaving a short stem on each grape. Dip in sirup made as for Glacé Nuts, holding by stem with pinchers. Remove to oiled tin. Glacé fruits keep only one day. They should only be attempted in cold clear weather.

Peanut Brittle I

1½ cups shelled, raw peanuts ½ cup corn sirup
¼ teaspoon salt ½ cup water
1 cup sugar 1½ tablespoons butter
½ teaspoon lemon extract

Sprinkle nuts with salt and warm in oven. Put sugar, corn sirup, and water in pan, stir until it begins to boil, wash down sides with wet pastry brush, and cook to 295° F. or until mixture is very brittle when tried in cold water. Add butter, flavoring, and nuts, pour into shallow, buttered pan. As soon as it can be handled, turn the mass over and pull and stretch it out as thin as possible. Break in irregular pieces.

Peanut Brittle II (Peanut Nougat)

2 cups sugar 1 cup chopped, roasted peanuts Few grains salt

Melt sugar in heavy pan, stirring constantly until it is a thin sirup. Add nuts and salt. Stir until well coated and spread thinly in ungreased pan. When nearly cold, mark in squares.

Nut Brittle

Use almonds, Castaneas, or English walnuts, or a combination of nuts, and make like Peanut Brittle I or II.

Nut Bar

Cover bottom of buttered, shallow pan with 1⅓ cups nut meats (Castaneas, English walnuts, or almonds) cut in quarters. Pour over 2 cups sugar, melted as for Peanut Nougat. Mark in bars.

French Nougat

1 cup confectioners' sugar ¼ pound almonds, finely chopped

Melt sugar in heavy pan, stirring constantly. Add nuts and pour on oiled marble slab. Fold mixture as it spreads with a broad-bladed knife, keeping it constantly in motion. Divide in 4 parts, and as soon as cool enough to handle, shape in long rolls about ⅓ inch in diameter, keeping rolls in motion until almost cold. When cold, snap in pieces 1½ inches long. This is done by holding roll over the sharp edge of a broad-bladed knife and snapping.

Dipped French Nougat

Melt confectioners' chocolate over hot water, beat with fork until light and smooth, and when slightly cooled, dip pieces of French Nougat in chocolate, and with a two-tined fork or bonbon dipper re-

move from chocolate to oiled paper, drawing dipper through top of each the entire length, thus leaving a ridge.

Molasses Candy I

3 tablespoons butter
2 cups Porto Rico molasses
⅔ cup sugar
1 tablespoon vinegar

Melt butter in heavy pan, add molasses and sugar. Stir until sugar is dissolved. Boil to 250° F. or until mixture is brittle when tried in cold water. Stir constantly during last part of cooking. Add vinegar, pour on buttered marble slab or in shallow pan. When cool enough to handle, pull until porous and light colored, using tips of fingers and thumbs. Cut in small pieces, using sharp knife or scissors.

Molasses Candy II

⅓ cup butter
1⅓ cups sugar
⅔ cup molasses
1 cup boiling water

Melt butter in heavy pan, add sugar, molasses, and water. Stir until boiling point is reached and boil without stirring until mixture forms a very soft ball when tried in cold water. Turn on buttered marble or in shallow pan and as mixture cools, fold towards center. Pull like Molasses Candy I.

Velvet Molasses Candy

½ cup molasses
1½ cups sugar
½ cup water
1½ tablespoons vinegar
¼ teaspoon cream of tartar
4 tablespoons melted butter
⅛ teaspoon soda

Cook molasses, sugar, water, and vinegar in heavy pan, stirring constantly. When boiling point is reached, add cream of tartar. Boil until mixture is brittle when tried in cold water (256° F.). Stir constantly during last part of cooking. When nearly done, add butter and soda. Pour into buttered pan and pull like Molasses Candy. While pulling, add 1 teaspoon vanilla, ½ teaspoon lemon extract, few drops oil of peppermint, or few drops oil of wintergreen.

Vinegar Candy

2 tablespoons butter 2 cups sugar ½ cup vinegar

Melt butter in heavy pan, add sugar and vinegar. Stir until sugar dissolves, wash down sides of pan with pastry brush dipped in cold

water. Boil to 256° F. or until mixture is brittle when tried in cold water. Pull and cut like Molasses Candy I.

After-Dinner Mints

2 cups sugar
⅔ cup boiling water
¼ teaspoon cream of tartar
1 teaspoon vinegar
Few drops oil of peppermint

Mix sugar, water, cream of tartar, and vinegar in pan. Boil without stirring to 256° F. or until mixture is brittle when tried in cold water. Pour on oiled marble slab or in shallow tray. Cool, lift (avoiding stirring motion) and pull, keeping grain all one way. Add flavoring during pulling. When candy is too stiff to pull, stretch into long rope, ½ inch thick and cut with scissors into small pieces. Drop into bowl of powdered sugar, stir until well coated. When dry, store in glass jar, cover, and keep in warm place several days before using.

For variety, color with food color and flavor with vanilla, orange or lemon extract, coffee extract, oil of sassafras, clove or cinnamon, or melted chocolate.

Peanut Candy

3 tablespoons butter
2 cups molasses
⅔ cup sugar
1 quart peanuts
½ teaspoon salt

Melt butter, add molasses and sugar, and boil to 256° F. or until mixture becomes brittle when tried in cold water. Stir in peanuts (shelled, skinned, separated in halves, and sprinkled with salt). Turn into buttered pan, cool slightly, and mark in squares.

Butterscotch

1⅓ cups brown sugar
2 teaspoons vinegar
⅔ cup butter
⅔ cup water
½ tablespoon vanilla

Mix sugar, vinegar, butter, and water in pan. Boil without stirring to 290° F., or until candy is very brittle when tried in cold water. Add vanilla, pour into buttered pan, cool slightly, and mark in squares.

Peppermints

1½ cups sugar
½ cup boiling water
6 drops oil of peppermint

Put sugar and water in pan, stir until dissolved, boil until sirup

spins long thread. Add flavoring, beat until creamy, and drop from tip of spoon on waxed paper. Reheat as mixture becomes too thick.

Chocolate Cream Peppermints (Uncooked Mixture)

2 tablespoons hot, top milk
½ tablespoon melted butter
1½ cups confectioners' sugar
3 drops oil of peppermint
Coating chocolate

Add sugar to milk gradually; then add butter and peppermint. Work until creamy, using the hands. Shape in balls, flatten, and dip in melted chocolate (p. 720).

Wintergreen Wafers

1 teaspoon granulated gelatine
3 teaspoons boiling water
2 teaspoons cold water
Few drops oil of wintergreen
Confectioners' sugar

Soak gelatine in cold water 5 minutes, dissolve in boiling water, and strain. Add wintergreen and gradually, sugar enough to knead. Roll very thin on board dredged with sugar. Shape with small, round cutter or cut in squares or fancy shapes. Let stand until dry and brittle.

For variety, color and flavor as suggested for After-Dinner Mints (p. 713).

Chocolate Fudge

1 tablespoon butter
¾ cup top milk
2 cups sugar
2 squares chocolate
1 teaspoon vanilla or ¼ teaspoon cinnamon

Melt butter in pan, add sugar, milk, and chocolate, stir gently until chocolate melts. Boil without stirring to 238° F. or until mixture forms soft ball when tried in cold water. Remove from fire, let stand until cool, and add flavoring. Beat with wooden spoon or work with spatula on marble slab. Pour ¾ inch thick in buttered pan and mark in squares.

For variety, add 1 cup nut meats, broken in pieces, or 12 marshmallows cut in pieces.

Sour Cream Fudge

2 squares chocolate
⅔ cup sour cream
2 cups sugar
1 teaspoon vanilla
⅛ teaspoon salt

Melt chocolate over hot water, add sugar, mix well, and add cream slowly. Boil without stirring to 238° F. or until mixture forms soft ball when tried in cold water. Pour on marble slab or platter which has been wiped with damp cloth. Leave undisturbed until cool. Add vanilla and salt, work with spatula until thick and creamy. Knead with hands until smooth. Roll ¼ inch thick and cut out.

Sultana Fudge

2 cups sugar
½ cup milk
¼ cup molasses
2 tablespoons butter
2 squares chocolate
1 teaspoon vanilla
½ cup English walnut or hickory nut meats, cut in pieces
2 tablespoons Sultana raisins

Melt butter in pan, add sugar, milk, molasses, and chocolate. Stir until chocolate is melted. Make like Chocolate Fudge, adding nuts, raisins, and vanilla. When mixture begins to be creamy, pour into a buttered pan. Mark in squares.

Peanut Butter Fudge

2 cups sugar
¾ cup milk
4 tablespoons peanut butter
1 teaspoon vanilla
Few grains salt

Boil sugar and milk without stirring to 238° F. or until mixture forms soft ball when tried in cold water. Remove from fire, let stand undisturbed until cool, add salt, peanut butter, and vanilla. Beat or work like Chocolate Fudge.

Pralines

1⅞ cups powdered sugar
1 cup maple sirup
2 cups hickory or pecan nut meats, cut in pieces
½ cup cream

Boil sugar, sirup, and cream to 238° F. or until mixture forms soft ball when tried in cold water. Remove from fire, let stand until cool. Beat or work like Chocolate Fudge. Add nuts, drop from tip of spoon on waxed paper, or spread in buttered pan and cut in squares.

Penuche (Brown Sugar Fudge)

2 tablespoons butter
2 cups brown sugar
¼ teaspoon salt
¾ cup milk or cream
¾ cup coconut or chopped peanuts, pecans, walnuts

Melt butter in pan, add sugar and milk or cream, stir until sugar is dissolved. Boil without stirring to 238° F. or until mixture forms soft ball when tried in cold water. Remove from fire, leave undisturbed until cool. Beat or work like Chocolate Fudge. Add coconut or nuts, press in buttered pan, and mark in squares. For variety, use chopped dates or raisins in place of nuts.

Double Fudge

Pour any chocolate fudge ½ inch thick in buttered pan. Pour penuche over top. Cut in squares. Other combinations may be used.

Divinity Fudge I

3 cups sugar
1 cup boiling water
1 cup corn sirup
3 egg whites, beaten stiff
½ teaspoon vanilla
Few grains salt

Mix sugar, water, and sirup. Place over low heat until sugar dissolves. Boil to soft ball stage (238° F.). Pour slowly on egg whites, beating until thick. Flavor and pour into greased pan. Mark in squares. If desired, add nuts, fruit, or coconut, when thick.

Divinity Fudge II

1½ cups light brown sugar
½ cup cold water
1 teaspoon vinegar
1 egg white, beaten until stiff, but not dry
½ cup chopped nuts
½ teaspoon vanilla

Boil sugar, water, and vinegar to 240° F. or until mixture forms firm ball when tried in cold water. Pour slowly on egg white, beating until creamy. Add nuts and vanilla and drop in lumps on waxed paper or spread in buttered pan and cut in squares.

Vanilla Opera Fudge

2 cups sugar
1 cup heavy cream
⅛ teaspoon cream of tartar
½ teaspoon vanilla

Put sugar and cream in pan, stir until it boils, add cream of tartar and boil (stirring occasionally to prevent burning) to 238° F. or until mixture forms soft ball when tried in cold water. Pour out and work like Sour Cream Fudge. When creamy, cover with damp cloth half an hour, work in vanilla with hands, and press into shallow box lined

with wax paper. Cut in squares when hard. For variety, color and flavor differently or add chopped nut meats or candied fruit.

Vanilla Caramels

1 cup sugar
⅔ cup corn sirup
1½ cups cream
1 teaspoon vanilla

Put sugar, corn sirup, and ½ cup cream in pan, stir until sugar dissolves. Boil, stirring gently and constantly to 238° F., or until mixture forms soft ball when dried in cold water. Add ½ cup cream, boil as before, and add remaining cream and boil to 244° F. or until mixture forms decidedly firm ball when tried in cold water. Pour into buttered pan. Cool, cut in squares, and wrap in wax paper. If sugary, return to pan, add more cream, and boil again.

For variety, add, just before pouring into pan, 1 cup coconut, 1 cup nut meats broken in pieces, or 8 figs or ¾ cup raisins cut in pieces.

Chocolate Caramels

Make Vanilla Caramels, adding 3 squares grated chocolate with last half cup of cream.

Smith College Caramels (Chocolate)

2½ tablespoons butter
2 cups brown sugar
2 tablespoons molasses
½ cup milk
4 squares unsweetened chocolate
1 teaspoon vanilla

Melt butter in pan, add sugar, molasses, and milk. Bring to boiling point, add chocolate, and stir constantly until chocolate is melted. Boil to 244° F. or until mixture forms firm ball when tried in cold water. Add vanilla, turn into buttered tin, cool slightly, and cut in squares.

Chapin Chocolate Caramels

3 tablespoons butter
¾ cup cream
1 cup sugar
1 cup molasses
4 squares unsweetened chocolate
½ teaspoon vanilla

Melt butter in heavy kettle, add cream, sugar, and molasses. Bring to boiling point and add chocolate, balancing it on a large wooden spoon, that it may melt gradually with no danger of its burning on the kettle. Continue boiling, stirring occasionally, to 244° F., or until mixture forms firm ball when tried in cold water. Add vanilla and

turn into buttered pan, having mixture ¾ inch thick. When nearly cold, cut in cubes, using scissors or a sharp knife. Wrap in wax paper and let stand in cold place to harden.

Nut Chocolate Caramels

To any chocolate caramel mixture add 1 cup chopped nut meats just before taking from fire.

Nougatines

½ cup corn sirup
½ cup hot water
2 cups sugar
2 egg whites, beaten until stiff
½ cup nut meats, chopped
1 teaspoon vanilla

Put corn sirup, water, and sugar in pan, stir until sugar dissolves, and boil, without stirring, to 270° F. or until mixture is brittle when tried in cold water. Pour slowly on egg whites, beating until creamy. Add vanilla and, when almost firm, nut meats. Pour into pan lined with rice paper, cover with rice paper, and leave until firm. Cut in pieces about 1½ inches long and ⅝ inch wide. Wrap in wax paper or dip in melted coating chocolate (p. 720).

For variety, use chopped candied cherries and chopped pistachio nuts.

Turkish Delight

1 ounce sheet gelatine
½ cup cold water
2 cups sugar
½ cup boiling water
Grated rind 1 orange
⅓ cup orange juice
3 tablespoons lemon juice
Red food color

Break gelatine in pieces, add cold water, cover, and soak 2 hours. Put sugar and boiling water in pan, stir until it boils, add gelatine, and simmer 20 minutes. Add flavoring and color. Rinse small bread pan with cold water and put in mixture 1 inch deep. Cool, remove to board, cut in cubes, and roll in confectioners' sugar. If desired, add ½ cup chopped nut meats before pouring into pan.

Fondant (Uncooked)

1 egg white
½ tablespoon cold water
¾ teaspoon vanilla
2 cups confectioners' sugar, sifted

Put egg white, water, and vanilla in bowl, beat until well blended, add sugar gradually until very stiff. Knead with hands until smooth. Color and flavor as desired.

Fondant I

5 cups sugar 1½ cups water ¼ teaspoon cream of tartar

Put sugar and water in smooth pan. While cooking, wash down sides of pan with pastry brush dipped in cold water. Bring to boiling point, stirring constantly. Add cream of tartar, cover, and steam 3 minutes. Remove cover, put in thermometer, and boil to 238° F., or until mixture forms soft ball when tried in cold water. Pour on marble slab or shallow tray wiped over with damp cloth. Cool. Scrape and turn mixture toward center with spatula and work until perfectly smooth. Cover with cloth wrung out of cold water, let stand half an hour, cut in pieces, put in jar, cover with wet cloth or glass cover. Let stand 2 or 3 days before using.

Fondant II

2 cups sugar ⅛ teaspoon cream of tartar
½ cup water ½ teaspoon glycerine

Make like Fondant I, adding glycerine with cream of tartar when sirup begins to boil.

Coffee Fondant

1 cup cold water 2 cups sugar
2 tablespoons ground coffee ⅛ teaspoon cream of tartar

Heat water and coffee to boiling point, strain through double cheesecloth, add sugar, and proceed as for Fondant I.

Maple Fondant

1 cup maple sugar 1 cup water
1 cup white sugar ⅛ teaspoon cream of tartar

Break maple sugar in pieces, add white sugar and water, and proceed as for Fondant I.

Cream Mints

Melt Fondant over hot water, flavor with few drops oil of peppermint, wintergreen, clove, or orange. Color as desired. Drop from tip of spoon on waxed paper.

Dipped Walnuts

Melt Fondant, flavor, and dip walnut halves. Pecans or almonds may be used.

Cream Nut Bars

Melt Fondant, flavor, stir in nut meats cut in pieces, turn in oiled pan, cool, and cut in bars with sharp knife.

Bonbons

Flavor any Fondant as desired. Shape in balls or surround pieces of nut meat or candied fruit; leave on board covered with waxed paper until firm and dip.

To Dip Bonbons. Melt Fondant over hot water, flavor as desired, and color with food color. Do not allow fondant to become hot. If too thick, add few drops cold water. Drop one center at a time into melted fondant, stir with two-tined fork or candy dipper until entirely covered, lift up and put on waxed paper and make coil over top of bonbon with dipper or fork. Stir fondant frequently. Decorate top, if desired, with bit of nut meat, candied fruit, coconut, or ginger.

Marshmallow Mint Bonbons

Cut marshmallows in halves crosswise and flavor with peppermint, by putting a small wooden skewer in a bottle of oil of peppermint, then on the cut surface of the marshmallow. Arrange in layers in a box, cover, and let stand overnight. In the morning, dip in fondant flavored with a few drops oil of peppermint.

Chocolate Creams

Dip any Fondant or Fudge in chocolate.

To Dip Chocolates. Coating chocolate must be used. Melt over hot, not boiling water. Beat gently until chocolate feels a little cooler than hand or registers 80° F. to 85° F. on candy thermometer. Drop a center into the chocolate with bonbon dipper or two-tined fork, move around until covered, remove to oiled paper, drawing fork along top of each to make a ridge.

Spun Sugar

2 cups sugar 1 cup water ⅛ teaspoon cream of tartar

Boil without stirring to 310° F. or until sirup spins a very long thread. Place pan immediately in larger pan of cold water to stop boiling, then set in hot water. Place wooden bars (broomstick

handles) across chairs 3 feet apart. Spread paper on floor beneath. Dip sugar spinner in sirup and wave swiftly back and forth over bars. Gather up spun sugar from time to time, form into nests or pile on cold dish. If sirup gets sugary, melt over fire for a moment.

Use as garnish for ice cream. Color if desired. Spun sugar softens quickly in warm weather.

Caramelized Sugar

Put in heavy shallow pan. Melt over moderate heat, stirring constantly until melted to a light brown sirup.

Caramel Sirup (For Flavoring)

1 cup sugar ½ cup boiling water

Caramelize sugar, add water slowly, and simmer 10 minutes.

Brittle (For Flavoring)

Caramelize sugar, turn into slightly buttered pan, cool, roll, and sift.

Nut Brittle (For Flavoring)

1 cup sugar 1 cup chopped, blanched nut meats

Caramelize sugar, add nut meats, turn into slightly buttered pan, cool, pound in mortar, and put through purée strainer.

Praline Powder (For Flavoring)

½ cup sugar ⅔ cup chopped, blanched nut meats
Few grains salt (almonds or pecans)

Caramelize sugar, add nut meats and salt. Turn into slightly buttered pan, cool, pound, and put through purée strainer.

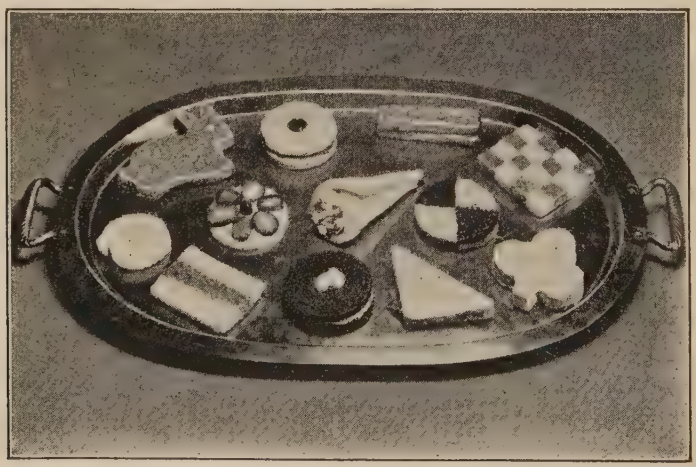
CHAPTER 44

SANDWICHES

Bread for Sandwiches. Use white, Graham, Boston brown, rye, or nut bread, preferably twenty-four hours old. If whole loaf is to be used, cut off crusts before slicing. Save crusts, cut in strips, butter generously, and toast in oven to serve with soup.

Creamed Butter. Let stand, covered, in room temperature for ten minutes or more. Work with wooden spoon until soft.

To Keep Sandwiches. Wrap in wax paper or cloth. If cloth is used, dampen half of it, fold, and put dry part next to sandwiches. Keep in refrigerator in covered receptacle.



A TRAY OF SANDWICHES

Plain Sandwiches

Spread slices sparingly with creamed butter before cutting from loaf. Slice thinly and spread half the slices with prepared filling, having filling go well to edges and corners. Cover with remaining slices, press gently together and cut in desired shapes, which may be squares, strips, oblongs, triangles, diamonds, rounds, or other fancy shapes.

Rolled Sandwiches I

Spread thin slices of very fresh bread with creamed butter or other filling, such as tinted cream cheese, roll, fasten with toothpick, and put in cold place. Remove toothpicks before serving. These sandwiches may be brushed with melted butter and toasted. If desired, tie with narrow ribbon.

Rolled Sandwiches II

Cut slice lengthwise of loaf, spread with creamed butter and filling, roll like Jelly Roll, wrap tightly in dry towel, then in slightly moist one, and put in cold place. When ready to serve, cut in thin slices.

Ribbon Sandwiches

Put three or more slices of bread together with creamed butter or other soft filling. Have bread ¼ inch thick. Wrap tightly in damp cloth and press under weight. Cut in ¼-inch slices just before serving. Use all white bread or alternate slices of white and dark bread.

Mosaic or Checkerboard Sandwiches

Cut 3 slices each of white and Graham bread ½ inch thick. Spread a slice of white bread with creamed butter and place a slice of Graham on it; spread this with creamed butter and place on it a slice of white bread; repeat this process, beginning with a slice of Graham. Put both piles in a cool place under a light weight. When butter has become firm, trim each pile evenly, and cut each pile in 3 half-inch slices. Spread these with butter and put together in such a way that a white block will alternate with a Graham one. Place again in a cool place under a light weight, and when butter has become perfectly hard, cut in thin slices for serving.

Open Sandwiches

Spread slice of bread with creamed butter, then with filling, and decorate with nut meat, bit of cherry, slice of stuffed olive, chopped nuts, etc. For open sandwiches to serve as First Course, see Canapés (p. 131).

Toasted Sandwiches

Spread sandwiches with filling but no butter. Brush outside with melted butter and toast in broiling oven or fry (sauté) in butter in heavy frying pan or table grill.

SANDWICH FILLINGS

(Special recipes are given for the more elaborate ones)

Creamed butter, plain or seasoned with Anchovy Sauce, grated horseradish, lemon juice, and salt or Pimiento Purée (p. 343)

Caviare, sprinkled with lemon juice and salt

Cucumbers, chopped and moistened with Mayonnaise (p. 460)

Cream Cheese, plain, or mixed with
- Olives, chopped
- Nut meats, chopped
- Olives and nut meats, chopped
- Canton ginger, chopped
- Crushed pineapple and chopped pecan nut meats
- Watercress, chopped or in sprays
- Strawberry jam spread on the cheese
- Guava jelly spread on the cheese

Gruyère cheese, grated, mixed with chopped walnut meats, and seasoned with salt and cayenne

Swiss cheese, sliced, dotted with prepared mustard. (Use Rye bread.)

Dates, chopped and moistened with orange juice

Hard-cooked eggs, finely chopped, mixed with
- Mayonnaise (p. 460) or Cream Dressing (p. 464)
- Chopped pickle and salad dressing
- Anchovy paste
- Chutney (East India Sandwiches)

Preserved Canton ginger in thin slices

Lobster, chopped and seasoned with salad dressing or cayenne, mustard, and lemon juice. Use on lettuce if desired.

Cold meat, thinly sliced, such as
- Ham
- Beef
- Chicken
- Tongue, etc.

Cold meat, chopped, such as
Ham, moistened with Tartare Sauce (p. 362)
Chicken, moistened with Mayonnaise (p. 460), Cream Dressing (p. 464) or Chicken Stock (p. 154)
Fried oysters on lettuce
Peanuts, finely chopped and seasoned with salt. (Use Steamed Brown Bread.)
Peanut butter, plain or moistened with salad dressing
Cooked salmon, flaked and mixed with chopped cucumber and Mayonnaise (p. 460)
Tomatoes, sliced, drained, and salted, with or without Mayonnaise (p. 460)
Watercress, sprinkled with salt

FILLINGS FOR TOASTED SANDWICHES

(Directions for toasting sandwiches p. 724)
Mild cheese, sprinkled with salt and cayenne (Cheese Dreams)
Cream cheese, moistened with French Dressing (p. 456) and sprinkled with chopped pecan nut meats. (Use Graham bread.)
Chopped chicken, moistened with White Sauce II (p. 344) or stock
Mushrooms, chopped, fried (sautéed) in butter and moistened with White Sauce III (p. 344). Season with salt, pepper, and paprika.
Orange marmalade (Commonwealth Sandwiches)

Anchovy Sandwich Filling

Rub yolks of hard-cooked eggs to paste. Moisten with soft butter and season with Anchovy Sauce or Paste.

Cheese and Anchovy Sandwiches

Cream 2 tablespoons butter, add ¼ cup grated mild cheese and 1 teaspoon vinegar. Season with salt, paprika, mustard, and Anchovy Sauce.

Open Cheese and Bacon Sandwich

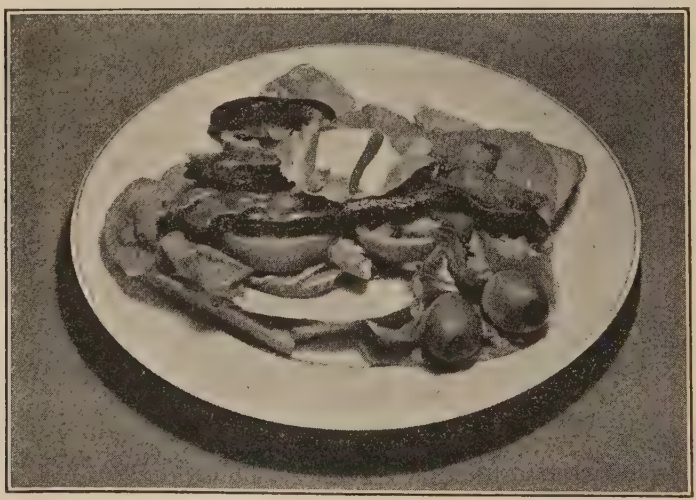
3 eggs, beaten until light
¾ pound soft cheese, grated or put through food chopper
1½ teaspoons table sauce
¾ teaspoon salt
½ teaspoon paprika
Few grains cayenne
8 slices bread, ⅓ inch thick
¾ pound bacon, in very thin slices, length of slice of bread

Combine first 6 ingredients and mix well. Spread on bread. Make bacon still thinner by pressing each strip on board with broad knife or cut in tiny squares. Cover cheese with bacon and bake 8 to 10 minutes under gas flame, or in hot oven.

Chicken Cream Sandwich Filling

¾ cup chopped, cooked fowl
¼ cup chopped celery
1 hot boiled onion
1 cup milk
3 tablespoons flour
2 tablespoons butter
2 egg whites
½ teaspoon salt
⅛ teaspoon pepper
Lemon juice

Mix fowl (preferably white meat), celery, and onion forced through purée strainer, and add milk; then add flour mixed with butter worked until creamy. Bring to boiling point and simmer 3 minutes; add egg whites beaten until stiff and seasonings. Turn into small mold and let stand in cold place 12 hours. Remove from mold and cut in slices.



Club Sandwich

Arrange lettuce leaves on 4 triangles of toast. Cover opposite pieces with thin slices of cooked chicken; cover other pieces with slices of tomato and cooked bacon. Garnish with stiff Mayonnaise (p. 460) put through a pastry bag and tube.

Deviled Sandwiches

⅔ cup almond meats
2 tablespoons chopped pickles
1 tablespoon Worcestershire Sauce
1 tablespoon chutney
¼ teaspoon salt
Few grains cayenne

Blanch and shred almonds, fry (sauté) in butter until delicately brown, stirring constantly. Mix other ingredients, pour over nuts, and cook 2 minutes, stirring constantly. Work a cream cheese until smooth, season with salt and paprika, and spread on unsweetened wafer crackers. Sprinkle with nuts and put together in pairs.

Fairmont Sandwiches

Make like Ribbon Sandwiches (p. 723), using between layers finely cut red and green peppers wrung in cheesecloth and moistened with Mayonnaise (p. 460). Have some with 2 layers red and 1 layer green, others with 2 layers green and 1 layer red.

Fruit Sandwiches

Remove stems and chop figs finely; add a small quantity of water, cook to a paste in double boiler, add a few drops of lemon juice. Cool mixture and spread on thin slices of buttered bread; sprinkle with finely chopped peanuts and cover with pieces of buttered bread.

Lenox Sandwich Filling

¼ cup almond paste
¼ cup powdered sugar
Few grains salt
⅜ cup heavy cream

Work almond paste until smooth, add sugar gradually, then salt and cream.

Lincoln Sandwiches

Make Ribbon Sandwiches (p. 723), using brown and white bread alternately. Fill layers alternately with cold-boiled tongue and Gruyère cheese.

Lobster-and-Egg Sandwich Filling (à la Boulevard)

Mix an equal quantity of finely chopped lobster meat and the yolks of hard-cooked eggs forced through a sieve. Moisten with melted butter and season with prepared mustard, beef extract diluted with a very small quantity of boiling water, and salt.

Macédoine Sandwich Filling

¼ cup finely chopped Canton ginger
¼ cup finely chopped pecan nut meats
2 tablespoons finely cut orange pulp
1 tablespoon ginger sirup
1 teaspoon vinegar
Few grains salt

Mix ingredients in order given.

Noisette Sandwiches

Make sandwiches of nut bread slices put together with orange marmalade.

Orange Honey for Sandwiches

1 cup sugar
¼ cup water
¼ cup orange juice
½ teaspoon vanilla
½ cup finely chopped orange peel (white portion removed)

Boil sugar and water until sirup spins a thread when dropped from tip of spoon. Add vanilla and orange peel. Bring to boiling point and cool.

Penobscot Sandwich Filling

½ cup cooked salmon, flaked
White of 1 hard-cooked egg, finely chopped
1 tablespoon cucumber pickle, finely chopped
Salt and paprika
Cream Dressing (p. 464)
Yolks of 2 hard-cooked eggs
1½ tablespoons melted butter
1½ tablespoons chopped nut meats
Few drops anchovy essence
Finely chopped green pepper

Mix salmon, egg white, and pickle. Season with salt and paprika and moisten with dressing. Mix egg yolks, butter, nut meats, and anchovy. Use as alternate fillings for Ribbon Sandwiches (p. 723), sprinkling egg yolk mixture with green pepper.

Prune Sandwich Filling

6 French prunes, stoned and finely chopped
7 walnut meats, chopped
¼ cup sugar
¼ cup water
Salt, paprika, and lemon juice

Boil sugar and water 5 minutes and use enough to moisten prunes and nuts mixed together. Season to taste.

Rochester Chocolate Sandwiches

Put thin chocolate cookies together in pairs with cream cheese, moistened with cream, and seasoned highly with salt and paprika.

Royal Sandwich Filling

½ cup shrimps
½ cup cooked chicken livers
½ red pepper
½ Bermuda onion
Salt
Mayonnaise (p. 460)

Mix and force through food chopper shrimps, livers, pepper (from which seeds have been removed), and onion. Season with salt and moisten with Mayonnaise.

Sardine Sandwich Filling

Remove skin and bones from sardines and mash to paste. Add to an equal quantity of yolks of hard-cooked eggs rubbed through a sieve. Season with salt, cayenne, and few drops lemon juice; moisten with olive oil or melted butter.

Sembrich Sandwiches

Make like Ribbon Sandwiches (p. 723), using between layers chopped ham highly seasoned and moistened with cream, chopped fowl moistened with Mayonnaise (p. 460), and chopped nut meats moistened with Mayonnaise.

Spanish Sandwich Filling

2 anchovies
2 pickles
1 sprig parsley
3 tablespoons capers
1 teaspoon prepared mustard
2 tablespoons salad oil
2 tablespoons vinegar
2 hard-cooked eggs
Salt and paprika

Pound first 7 ingredients in mortar. Add finely chopped eggs and season to taste.

Waltham Five o'Clock Tea Sandwiches

Work a cream cheese until of the right consistency to spread. Spread on thin, salted, unsweetened, round wafer crackers and cover with halves of marshmallows, cut crosswise and pulled out with the fingers

to about fit crackers. Cover with wafer crackers, arrange on tin sheet, and bake until cheese and marshmallows begin to melt.

Windsor Sandwich Filling

⅓ cup butter
½ cup finely chopped, cooked chicken
½ cup finely chopped, cooked ham
Salt and paprika

Cream butter, add chicken and ham. Season to taste.

CHAPTER 45

FRUIT: FRESH AND COOKED

Fruit should be thoroughly wiped or washed and served cold.

Alligator Pears

Cut in two, remove stones, and sprinkle with salt and lemon juice. Chill.

Baked Apples

Wipe and core sour apples. Put in a baking dish and fill cavities with sugar and spice. Allow ½ cup sugar and ¼ teaspoon cinnamon or nutmeg to 8 apples. If nutmeg is used, a few drops lemon juice and few gratings from rind of lemon to each apple is an improvement. Cover bottom of dish with boiling water, and bake in hot oven (400° F.) until soft, basting often with sirup in dish. Serve hot or cold with cream. Many prefer to pare apples before baking. When this is done, core before paring, that fruit may keep in shape. In the fall, when apples are at their best, do not add spices to apples, as their flavor cannot be improved; but towards spring they become somewhat tasteless, and spice is an improvement.

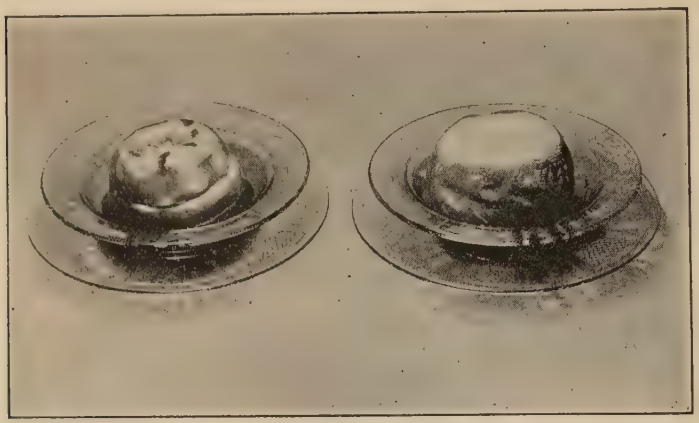
Baked Sweet Apples

Wipe and core sweet apples. Put in baking dish and fill cavities with sugar, or sweeten with molasses. Add boiling water to cover bottom of dish. Cover and bake 3 hours in slow oven (300° F.), adding more water if necessary.

Baked Apples in Casserole

6 apples	1½ cups sugar
1 cup water	Flour

Wipe, pare, and core apples. Put in casserole, add water and sugar, and dredge with flour. Cover and cook in slow oven (325° F.) 1 hour. Do not remove cover during the baking.



GLAZED BAKED APPLE. BELMONT BAKED APPLE

Belmont Baked Apples

Wipe selected red apples and make 2 circular cuts through skin, leaving a ¾-inch band around apple, midway between stem and blossom ends. Put in baking dish, sprinkle generously with sugar, and add water to cover bottom of dish. Bake in hot oven (400° F.) until soft, basting every 15 minutes with sirup in pan. Remove to serving dish and surround with sirup.

Glazed Baked Apples

4 apples
½ cup boiling water
½ to ¾ cup sugar
Cream, plain or whipped

Wipe apples, remove cores and skin from top of each, ⅓ of the way down. Put close together in saucepan, peeled side up. Add water, cover closely, and cook slowly, testing occasionally until they are easily pierced with a skewer or toothpick forced into the center. Put in baking dish peeled side up. Sprinkle with sugar and put in broiling oven or very hot oven (425° F.) and baste frequently with water in which they were cooked until sugar is dissolved and tops are crisp and delicately brown. Chill. Serve with cream.

Cinnamon Apples

6 apples
1 cup sugar
6 cloves
2 tablespoons cinnamon drops
1½ cups water

Core and pare apples. Stick with cloves. Cook sugar, water, and cinnamon drops 5 minutes. Add apples and cook very slowly until tender, basting often with sirup in pan. Serve with meat or, very cold, with whipped cream as a dessert.

Apple Sauce I

Wipe, core, and pare apples. Cook slowly until soft with just enough water to prevent burning. Add sugar to taste. If desired smooth, beat and strain. A few cloves may be cooked with apples.

Apple Sauce II

8 sour apples	1 cup water
1 cup sugar	Few shavings lemon rind

Cook sugar, water, and lemon rind 7 minutes. Remove lemon. Wipe, quarter, core, and pare apples. Cook in sirup, a few at a time, until soft. Watch carefully. Strain remaining sirup over apples.

Apple Ball Sauce

1½ cups apple balls	1 cup water
1 cup sugar	6 cloves
Few shavings lemon rind	

Cut balls with French vegetable cutter. Cook remaining ingredients 7 minutes. Remove cloves and rind and cook apple balls in sirup until soft, ⅓ at a time. Cook sirup until reduced ½ and pour over balls.

Apple Porcupine

1½ cups sugar	Jelly, marmalade, or preserved fruit
1½ cups water	Almonds, blanched and split
8 apples	Whipped cream

Boil sugar and water 7 minutes. Wipe, pare, and core apples. Cook in sirup to cover until soft, occasionally skimming. Drain, cool, fill with jelly, and stick with almonds. Serve with whipped cream.

Stewed Dried Apricots

Wash thoroughly in hot water. Drain, soak 2 hours in hot water to cover, and cook slowly in same water until soft. Add sugar to taste.

Bananas with Lemon

Cut in half, lengthwise, and sprinkle with lemon juice and powdered sugar.

Baked Bananas I

6 bananas, skinned and cut in halves lengthwise
2 tablespoons melted butter
⅓ cup sugar
2 tablespoons lemon juice

Put bananas in baking dish. Mix butter, sugar, and lemon juice. Baste bananas with half the mixture. Bake 20 minutes in slow oven (325° F.), basting during baking with remaining mixture.

Baked Bananas II

Arrange bananas in baking dish, cover, and bake until skins become very dark in color. Remove from skins and serve hot sprinkled with sugar.

Sautéed Bananas

Remove skins from bananas, cut in halves lengthwise, and again cut in halves crosswise. Dredge with flour and fry (sauté) in clarified butter. Drain and sprinkle with powdered sugar.

Stewed Blueberries

Wash and pick over berries. Cook until soft with enough water to prevent burning. Add sugar to taste.

Cantaloupes and Muskmelons

Choose very ripe fruit. Chill thoroughly before preparing for serving. Wipe melons. If small, cut in halves lengthwise; if larger, cut in sections. Remove seeds and stringy portion. Serve with salt or powdered sugar. Garnish with mint leaves, if desired.

Fig Cups

½ pound washed figs
Chopped salted almonds
2 tablespoons sugar
1 teaspoon lemon juice
½ cup water

Stuff figs with almonds. Put sugar, lemon juice, and water in saucepan. When heated, add figs, cover, and cook until figs are tender, turning and basting often.

Grapes

Put bunches in colander and pour on cold water; drain, chill, and arrange on serving dish. Imperfect grapes, as well as those underripe or overripe, should be removed. Garnish with grape leaves, if at hand.

Grapefruit

Wipe grapefruit and cut in halves crosswise. With a small, sharp-pointed knife, make a cut separating pulp from skin around entire circumference; then make cuts separating pulp from tough portion which divides fruit into sections. Remove tough portion in one piece, cutting with scissors at stem or blossom end, close to skin. A grapefruit corer may be used. Sweeten or not, as desired. Let stand 10 minutes and serve very cold.

Grapefruit pulp may be bought canned, for use in salads and fruit cocktails.

ORANGE SECTIONS AROUND A MOUND OF POWDERED SUGAR

To Remove Pulp from Oranges

Chill orange. Pare, removing as much of the white portion as possible with very sharp knife. Remove pulp by sections, cutting away from tough portion, first on one side of section, then on the

other. Any white portion of skin remaining on pulp should be cut off. Sections may be served around a mold of powdered sugar.

Baked Peaches

Peel, cut in halves, and remove stones from peaches. Place in a shallow baking pan. Fill each cavity with 1 teaspoon sugar, ½ teaspoon butter, few drops lemon juice, and a slight grating nutmeg. Bake 20 minutes in moderate oven (350° F.) and serve on circular pieces of buttered dry toast.

Baked Pears

Wipe, quarter, and core pears. Put in deep dish, sprinkle with sugar, or add a small quantity of molasses; then add water to prevent pears from burning. Cover, and cook 2 or 3 hours in very slow oven (250° F.). Small pears may be baked whole. Baked Seckel pears are delicious.

Japanese Persimmons

Chill thoroughly. Make several cuts from top to bottom without removing stem. Peel back skin in petals, scraping with a knife to keep skin intact. Serve on fruit plate and eat with a spoon.

Pineapple

Cut off sharp ends of leaves. Pare, cut out eyes with sharp knife. Slice lengthwise (cutting out core) or shred with a fork, holding fruit firmly with another fork. Sprinkle with sugar, if desired.

Pomegranates

Cut in halves and serve with spoon. Seeds as well as juice may be eaten.

Stewed Prunes

½ pound prunes 2 cups hot water

Wash prunes thoroughly in hot water. Cover with 2 cups hot water and soak 2 hours. Cook until soft in same water. When nearly done, prunes may be sweetened with sugar or molasses. A few drops lemon juice may be added. Juice and skin of ¼ orange may be cooked with prunes.

Baked Quinces

8 quinces, wiped, quartered, cored, and pared	¾ cup sugar 1½ cups water

Place quinces in baking dish, sprinkle with sugar, add water, cover, and cook until soft in slow oven (300° F.). Quinces require a long time for cooking.

Raspberries

Pick over, place in colander, pour over cold water, and drain thoroughly. Hull and serve with powdered sugar and cream.

Rhubarb Sauce

Peel or not as desired, and cut in 1-inch pieces. Put in saucepan, sprinkle generously with sugar, and add enough water to prevent rhubarb from burning. Rhubarb contains such a large percentage of water that but little additional water is needed. Cook until soft. If rhubarb is covered with boiling water, allowed to stand 5 minutes, then drained and cooked, less sugar will be required. Rhubarb may be baked in an earthen baking dish. If baked slowly for a long time, it has a rich red color.

Strawberries

Prepare like Raspberries (see above). If desired, serve selected strawberries unhulled, around a mound of sugar.

Watermelon

Serve in wedges or slices, or cut in cubes or balls. Chill thoroughly and serve with salt or powdered sugar.

CHAPTER 46

JELLIES

Most fruit juices, in their natural state, do not contain enough jellifying substance (pectin) to give a jelly structure. It is therefore necessary either to evaporate the fruit juice until it contains sufficient pectin in proportion to the juice, or to add homemade or commercial pectin extracted from those fruits in which it is abundant. Pectin may be made at home (see bulletin of the Department of Agriculture Number 254) or a commercial pectin may be used. Pectin recipes in this book are based on the use of liquid commercial pectin. Manufacturers of pectin distribute booklets containing additional recipes for jams and jellies made with pectin.

JELLY-MAKING EQUIPMENT

To Prepare Fruit for Jelly-Making

Pick over fruit. Discard overripe fruit. Wash and cut up fine or chop. Crush berries.

To Select Fruit for Jellies and Jams

If jellies and jams are to be made without added pectin, underripe fruit must be selected, since one depends entirely on the pectin in the fruit for jelly formation and the pectin content decreases as the fruit ripens.

If jellies and jams are to be made with added pectin, fully ripe fruit is used, since the flavor and color are then at their best and one does not depend wholly upon the pectin in the fruit. One advantage of the latter method is that jams and jellies may be made from canned or dried fruit and from bottled juices at all times of the year.

To Extract Juice

Add enough water to barely cover the fruit. Boil gently until fruit is tender. Currants, grapes, and berries need no water.

Put fruit in jelly bag (homemade or bought for the purpose) and let it drip into a large bowl or other receptacle until most of the juice is extracted.

To Make a Jelly Bag. Fold two opposite corners of a piece of cotton and wool flannel three-fourths yard long. Sew up in the form of a cornucopia, rounding at the end. Fell the seam to make more secure. Bind the top with tape and finish with two or three heavy loops by which it may be hung, or use double cheesecloth, tying opposite corners together. Hang from a hook.

Second and Third Extractions. Juice from the second and third extractions should be kept separate from the first extraction. Although not so fine in flavor, it can be made into very good jelly with the addition of pectin.

Second Extraction. Do not squeeze the pulp left in the jelly bag, but put it in a saucepan, cover with cold water, stir until thoroughly mixed, bring slowly to the boiling point, boil ten or fifteen minutes, depending on condition and quantity of fruit and drain again. Use juice as though it were the first extraction, or boil it down for a few minutes if it seems weak in flavor.

Third Extraction. There is still flavor left in the fruit pulp, so it may be again covered with cold water, stirred, and brought to boiling point, boiled ten or fifteen minutes, and then drained again. Use as though it were the first extraction, or boil it down for a few minutes before measuring.

To Make Jelly (Standard Method)

Make only a small amount at a time. Two quarts of juice is enough to handle at a time.

Measure juice and put in saucepan.

Add sugar according to recipe or chart (p. 741).

Boil until mixture jells (220° F. to 222° F. if tested with a candy thermometer). To test by the spoon test, dip a spoon into the juice: if it sheets and TWO DROPS hang together from the side of the spoon, the jelly is done.

To Make Jelly (with Pectin)

Measure juice and put in saucepan.

Add sugar according to recipe or chart (p. 741).

Bring to boiling point.

Add pectin (amount according to recipe or chart (p. 741)).

Boil hard one minute or, if desired firmer, two minutes.

To Fill Glasses

Wash glasses and put in a kettle of cold water; heat water gradually to boiling point. Remove glasses and drain. Place glasses on a cloth wrung out of hot water and fill.

To Cover Jelly Glasses

As soon as the jam or jelly has been poured, it should be covered with hot paraffin wax to protect it from dust while cooling. Paraffin may be melted in small metal teapot. This coat of paraffin should be paper thin. After the jelly is cooled, a second coat of paraffin should be added and rolled around the edge of the glass to make a tightly closed joint between the paraffin and the glass. Cover with tin cover or with circular pieces of paper fastened securely over the edge with paste.

Store in a cool, dry room, free from dust.

CHART FOR JELLY MAKING

See also special recipes

Standard Method			With Pectin		
	Juice	*Sugar*	*Juice*	*Sugar*	*Liquid Pectin*
Apple and Peach	½ cup ½ cup	⅔ cup	½ cup ½ cup	1½ cups	2 tablespoons
Apple and Pineapple	½ cup ½ cup	⅔ cup	½ cup ½ cup	1½ cups	2 tablespoons
Barberry	1 cup	¾ to 1 cup	1 cup	1¾ cups	5 tablespoons
Blackberry	1 cup	¾ to 1 cup	1 cup	1¾ cups	5 tablespoons
Canned fruit juice	—	—	1 cup	1⅓ cups	5 tablespoons
Crab apple	1 cup	⅔ cup	1 cup	1⅞ cups	2 tablespoons
Currant and Raspberry	½ cup ½ cup	¾ to 1 cup	½ cup ½ cup	1¾ cups	5 tablespoons
Damson	1 cup	¾ to 1 cup	1 cup	1¾ cups	5 tablespoons
Grape (cultivated or wild)	1 cup	¾ to 1 cup	1 cup	1¾ cups	5 tablespoons
Grape juice	—	—	1 cup	1¾ cups	5 tablespoons
Grapefruit	—	—	1 cup	2 cups	5 tablespoons
Loganberry	—	—	1 cup	1¾ cups	5 tablespoons
Strawberry	—	—	1 cup	1¾ cups	5 tablespoons

Apple Jelly

Wipe apples, remove stem and blossom ends, and cut in quarters. Put in a preserving kettle and add cold water to come nearly to top of apples. Cover and cook slowly until apples are soft; mash and drain through a coarse sieve. Avoid squeezing apples, which makes jelly cloudy. Then allow juice to drip through a double thickness of cheesecloth or a jelly bag. Boil 20 minutes, and add ¾ quantity of heated sugar; boil 5 minutes, skim, and turn in glasses. Put in a sunny window, and let stand 24 hours. Cover and keep in a cool, dry place. Porter apples make a delicious-flavored jelly. If apples are pared,

a much lighter jelly may be made. Gravenstein apples make a very spicy jelly.

Cherry Jelly (Made with Pectin)

6½ cups sugar 1 cup liquid pectin 3 cups juice

Stem and crush well about 3 pounds ripe cherries. Do not pit. Add ½ cup water, stir until boiling, cover pan, and simmer 10 minutes. Extract juice (p. 739) and follow directions for making jelly with pectin (p. 740).

Note: For a stronger cherry flavor add ¼ teaspoon almond extract just after skimming. Sweet cherry jelly is very slow to set.

Crab Apple Jelly

Follow recipe for Apple Jelly, leaving apples whole instead of cutting in quarters.

Currant Jelly

Cherry currants make the best jelly. Equal proportions of red and white currants are considered desirable and make a lighter colored jelly.

Pick over currants but do not remove stems; wash and drain. Mash a few in the bottom of a preserving kettle, using a wooden potato masher; so continue until berries are used. Cook slowly until currants look white. Strain through a coarse strainer, then allow juice to drip through a double thickness of cheesecloth or a jelly bag. Measure, bring to boiling point, and boil 5 minutes; add an equal measure of heated sugar, boil 3 minutes, skim, and pour into glasses. Place in a sunny window and let stand 24 hours. Cover and keep in a cool, dry place.

Currant and Raspberry Jelly (with Pectin)

7½ cups sugar 4 cups juice from cooked fruit 1 cup liquid pectin

An even mixture of raspberries and currants is preferred. Use about 2½ quarts or 3½ pounds mixed ripe fruit. Crush mixture thoroughly, heat slowly with stirring, and bring fruit *just* to boiling point. Extract juice (p. 739) and follow directions for making jelly with pectin (p. 740).

Grape Jelly

Grapes should be picked over, washed, and stems removed before putting into a preserving kettle. Heat to boiling point, mash, and boil 30 minutes; then proceed as for Currant Jelly. Wild grapes make the best jelly.

Grape Jelly (with Pectin)

8 cups sugar 4 cups juice from cooked fruit 1 cup liquid pectin

Stem and crush thoroughly about 3 pounds ripe fruit. Add ½ cup water, stir until boiling, and simmer 10 minutes in closely covered saucepan. Extract juice (p. 739) and follow directions for making jelly with pectin (p. 740).

Bottled Grape Juice Jelly (with Pectin)

3 cups sugar 1 pint bottle (2 cups) grape juice ½ cup liquid pectin

Measure sugar and then juice into saucepan, stir and bring to boiling point. Follow directions for making jelly with pectin.

Mint Jelly (with Pectin)

1½ cups water
Spearmint extract or mint leaves (see note below)
1 cup vinegar
1 cup liquid pectin
Green coloring
6½ cups sugar

Mix water and vinegar, add enough coloring to give shade desired, and stir until dissolved. Add sugar and bring to boiling point. Add pectin, boil 1 minute. Remove from fire and add 1 to 3 teaspoonfuls spearmint extract, according to flavor desired. Let stand 1 minute, skim, and fill glasses.

Note: If fresh mint leaves are used for flavor instead of spearmint extract, add about 1 cupful to the water and vinegar and remove when skimming the jelly; coloring must also be used.

With Lemon Juice: This jelly may also be made by using 2½ cups of water and the juice of 2 lemons in place of the mixture of vinegar and water given above.

Quince Jelly

Follow recipe for Apply Jelly, using quinces in place of apples and removing seeds from fruit. Quince parings are often used for jelly, the better part of the fruit being used for canning.

Ripe Plum Jelly and Ripe Prune Jelly (with Pectin)

4 cups juice from cooked fruit
7½ cups sugar
½ cup liquid pectin
Juice of 1 lemon should be added with prunes

Do not peel fruit or remove pits. Crush well about 4 pounds ripe fruit. Add 1 cup water (and lemon juice if making prune jelly), stir until boiling, and simmer 10 minutes in closely covered saucepan. Extract juice (p. 739) and follow directions for making jelly with pectin (p. 740).

Rose Geranium Jelly (with Pectin)

2½ cups water 6½ cups sugar 1 cup liquid pectin

Measure sugar and then water into large saucepan. Add pink coloring to give the shade desired. Add several rose geranium leaves. Stir and bring to boiling point. Add pectin, boil 1 minute. Take from fire, let stand 1 minute, skim, removing the geranium leaves, pour quickly, and cover hot jelly at once with hot paraffin wax. Paraffin again when cold. For a tart jelly add the juice of 1 lemon to the above recipe. If lemon flavor is desired, add also the grated lemon rind.

Strawberry Jelly, Raspberry Jelly, Blackberry Jelly, Loganberry Jelly (with Pectin)

4 cups juice 8 cups sugar ½ cup liquid pectin

Thoroughly crush with masher, or run through food chopper, about 3 quarts fully ripe berries. Extract juice (p. 739) and follow directions for making jelly with pectin (p. 740). The pulp remaining after juice has been extracted for jelly may be used to make an inexpensive second quality jam as follows:

Add enough water to pulp to make 4 cups of pulp and water, then add 7½ cups of sugar and mix well. Stir until boiling and boil 1 minute. Remove from fire and add ½ cup liquid pectin. Skim, pour quickly, and cover hot jam at once with hot paraffin wax. Paraffin again when cold.

Venison Jelly (Standard Method)

1 peck wild grapes
1 quart vinegar
½ cup whole cloves
½ cup stick cinnamon
6 pounds sugar

Put first 4 ingredients into preserving kettle, heat slowly to boiling point, and cook until grapes are soft. Strain through double thickness of cheesecloth or a jelly bag, and boil liquid 20 minutes; then add sugar, heated, and boil 5 minutes. Turn into glasses.

CHAPTER 47

JAMS, MARMALADES, AND CONSERVES

Jams and marmalades are made from fruit and sugar cooked together until the sirup is jelly-like. A conserve is usually a mixture of fruits and nuts. To Select Fruit, see page 739.

Fruit Jam (Standard Method)

Strawberries, Raspberries, Blackberries, Loganberries, Cherries, Plums, Peaches, etc.

Pick over fruit. Weigh. Weigh an equal quantity of sugar and place in oven to heat. Mash a small quantity of fruit in bottom of preserving kettle and continue until fruit is used. Heat slowly to boiling point and add sugar gradually. Cook slowly 45 minutes. Put in stone jar or jelly glasses (p. 740). Rhubarb may be used with fruit in equal amount by weight, without noticeable change in flavor or texture.

Berry Jam (with Pectin)

2 cups crushed fruit and juice 3 cups sugar ¼ cup liquid pectin

Cook fruit and sugar to boiling point. Boil 1 minute. Add pectin, mix thoroughly, and cool slightly. If a firmer jam is desired, boil 1 minute after adding pectin.

Fruit Jam or Marmalade (with Pectin)

Pear, Peach, Pineapple, Rhubarb, Strawberry and Rhubarb, etc.

Make like Berry Jam (with pectin) allowing ½ cup pectin to 2 cups fruit.

Canned Fruit Jam (with Pectin)

Make like Fruit Jam (with pectin) using canned raspberries, cherries, apricots, pears, peaches, plums, or pineapple.

Dried Fruit Jam (with Pectin)

1 cup softened dried fruit Juice 1 lemon
1½ cups sugar ¼ cup liquid pectin

Peaches, apricots, prunes, dates, figs, or raisins may be used alone or in combination. Mash fruit, drain, soak several hours in hot water to cover. Remove stones and measure fruit. Add liquid to fill cup to overflowing and finish like Fruit Jam (with pectin).

Apple Ginger I

Sour apples
1½ pounds light brown sugar
Juice and rind 1½ lemons
½ ounce ginger root
Few grains salt
Water

Wipe, quarter, core, pare, and chop apples to make 2½ pounds. Add sugar, juice, and rind, ginger root, salt, and enough water to prevent apples from burning. Cover and cook slowly 4 hours, adding water as necessary. Apple Ginger may be kept for several weeks.

Apple Ginger II

Sour apples
10 cups sugar
Thin shavings from rind 2 lemons
2 two-inch pieces ginger root

Wipe, quarter, pare, core, and finely chop apples to make 10 cups. Add sugar, lemon rind, and ginger root. Bring gradually to boiling point and simmer until apples are transparent, stirring frequently (2½ to 3 hours). Great care must be taken, otherwise the mixture will burn. It is well to have the kettle placed on an asbestos mat. Turn into a crock or jelly tumblers.

Cranberry Conserve (Standard Method)

1 quart cranberries
⅔ cup cold water
⅔ cup boiling water
¼ pound seeded raisins
½ pound English Walnut meats
1 orange
1½ pounds sugar

Pick over and wash cranberries. Add cold water and boil until the skins break. Force through a strainer and add boiling water, seeded raisins, orange (wiped, thinly sliced, then cut in small pieces, removing seeds), and sugar. Again bring to boiling point and simmer 20 minutes. Add nut meats, cut in pieces.

Damson Preserves

Wipe damsons with a piece of cheesecloth wrung out of cold water, and prick each fruit 5 or 6 times, using a large needle; then weigh. Make a sirup by boiling ¾ their weight in sugar with water, allowing

1 cup to each pound of sugar. As soon as sirup reaches boiling point, skim, and add plums, a few at a time, that fruit may better keep in shape during cooking. Cook until soft. It is well to use 2 kettles, that work may be more quickly done, and sirup need not cook too long a time. Put into glass or stone jars.

Fruit Marmalade (with Pectin)

3 cups cooked fruit 6 cups sugar ½ cup liquid pectin

For fruit, use 2 grapefruit and 2 oranges or 4 oranges and 2 lemons or 1 quart kumquats.

Peel off skins of oranges and lemons in quarters. Peel off skins of grapefruit in eighths.

Cut the fruit meats in thin slices, crosswise, and remove seeds. Then cut them up fine, discarding the hard center parts.

Lay the skins flat, use sharp knife, and shave off about half of the white part next to the yellow skins; discard these whites. Shred skins very fine to the thinness of a dime (the thinner the shreds the more tender they will be) and cook these skins in a covered pan with 1½ cups water and ¼ teaspoon soda for 10 minutes, stirring occasionally. Then add the cut-up fruit to the cooked skins and water. Cover pan again and simmer 20 minutes.

Measure 3 solidly packed cups of cooked fruit into a kettle, adding water if necessary to fill the third cup. Add sugar, bring to boiling point and boil gently 5 minutes. Remove from fire and stir in pectin. Let stand 5 minutes, with occasional stirring to cool slightly, which prevents fruit floating. Then pour quickly and cover hot marmalade at once with hot paraffin wax. Paraffin again when cold.

Ginger Marmalade (with Pectin)

5½ cups sugar ½ cup liquid pectin
3 cups cooked fruit 2 cups chopped ginger

Make like Fruit Marmalade (with pectin) using 3 large oranges and 1 lemon. Add ginger to fruit, after it has been measured. Boil 2 minutes after adding pectin.

Grape Marmalade

Pick over, wash, drain, and remove stems from grapes. Separate pulp from skins. Put pulp in preserving kettle. Heat to boiling

point, and cook slowly until seeds separate from pulp; then rub through a hair sieve. Return to kettle with skins, add an equal measure of sugar, and cook slowly 30 minutes, occasionally stirring to prevent burning. Put in a stone jar or tumblers.

Grapefruit Marmalade

1 grapefruit
1 orange
1 lemon
Water
Sugar

Wipe fruit and slice very thinly, rejecting only seeds and core of grapefruit. Measure and add 3 times the quantity of water. Let stand in an earthen dish overnight and next morning let boil 10 minutes. Leave until next day, then boil 2 hours. Measure, add an equal amount of sugar, and boil, stirring occasionally that it may not burn, about 1 hour. Pour into sterile glasses; let stand covered with cheesecloth until firm, then cover with melted paraffin.

Preserved Kumquats

1 quart fresh kumquats
2 cups sugar
1 cup water

Boil sugar and water 5 minutes. Wipe kumquats, add to sirup and cook gently 45 minutes or until tender. Put in jars or glasses.

Pickled-Lime Marmalade

12 medium-sized green tomatoes
12 selected pickled limes
6 cups sugar

Wipe tomatoes and drain limes; then force through food chopper. Add sugar, bring to boiling point, and simmer 3 hours. Turn into glasses and seal.

Preserved Melon Rind

Pare and cut in strips the rind of ripe melons. Soak in alum water to cover, allowing 2 teaspoons powdered alum to each quart of water. Heat gradually to boiling point and cook slowly 10 minutes. Drain, cover with ice water, and let stand 2 hours; again drain and dry between towels. Weigh, allow 1 pound sugar to each pound of fruit and 1 cup water to each pound of sugar. Boil sugar and water 10 minutes. Add melon rind and cook until tender. Remove rind

to a stone jar and cover with sirup. 2 lemons cut in slices may be cooked 10 minutes in the sirup.

Orange Marmalade

12 thin-skinned oranges
3 lemons
1½ quarts water
Sugar

Wash and slice oranges as thin as possible. To each quart of sliced fruit add 1½ quarts of water and let stand overnight. Cook slowly until tender (2 to 2½ hours). Measure cooked fruit and add an equal amount of sugar. Cook the mixture until it jellies from a spoon (from 30 to 60 minutes).

Peach Conserve

1 pound dried, skinned peaches
1 quart cold water
1 cup seeded raisins, cut in pieces
½ pound English walnut meats
Juice 1 lemon
Juice 1 orange
1 whole orange
1 pound sugar

Add cold water to peaches, cover, and let stand overnight. Add raisins, fruit juices, orange, cut in thin slices (removing seeds), and sugar. Bring to boiling point and simmer 1¼ hours, stirring occasionally to prevent burning. Add nut meats, cut in pieces, and put in jars or glasses.

Pear Chips

8 pounds pears
4 pounds sugar
¼ pound Canton ginger
4 lemons

Wipe pears, remove stems, quarter, and core; then cut in small pieces. Add sugar and ginger and let stand overnight. Add lemons cut in small pieces, rejecting seeds, and cook slowly 3 hours. Put into a stone jar or glasses.

Plum Gumbo

5 pounds plums
2 pounds seeded raisins
3 oranges
5 pounds sugar

Wipe plums, remove stones, and cut in pieces. Force raisins through a meat chopper or chop. Wipe oranges and cut in thin slices crosswise, removing seeds. Put fruit in preserving kettle, add sugar, bring to boiling point, and let simmer until of the consistency of marmalade. Fill jelly glasses with mixture, cool, and seal.

Ripe Prune or Plum Jam (with Pectin)

4 cups crushed fruit
7 cups sugar
½ cup cold water
½ cup liquid pectin
Juice 1 lemon should be added with prunes

Use about 2½ pounds ripe fruit. Do not peel. Remove pits, cut into small pieces, and crush well. Measure crushed fruit into large kettle, add water (and lemon juice if making prune jam) and stir until boiling. Cover kettle and simmer 15 minutes. Add sugar and mix well. Use hottest fire and stir constantly before and while boiling. Boil hard 1 minute. Remove from fire and stir in liquid pectin. Skim, pour quickly.

Quince Honey

5 large quinces 5 pounds sugar 1 pint boiling water

Pare and grate quinces. Dissolve sugar in water (over heat), add quince, and cook 15 or 20 minutes. Turn into glasses. When cold it should be about the color and consistency of honey.

Raspberry and Currant Preserve

6 pounds currants 6 pounds sugar 8 quarts raspberries

Pick over, wash, and drain currants. Put into a preserving kettle, adding a few at a time, and mash. Cook 1 hour, strain through double thickness of cheesecloth. Return to kettle, add sugar, heat to boiling point, and cook slowly 20 minutes. Add 1 quart raspberries when sirup again reaches boiling point, skim out raspberries, put in jar, and repeat until raspberries are used. Fill jars to overflowing and fasten tops.

Rhubarb Conserve

4 pounds rhubarb
5 pounds sugar
1 pound seeded raisins
2 oranges
1 lemon

Wash and peel stalks of rhubarb and cut in 1-inch pieces. Put in kettle, sprinkle with sugar, and add raisins and grated rind, and juice of oranges and lemon. Mix, cover, and let stand ½ hour. Place on range, bring to boiling point, and let simmer 45 minutes, stirring almost constantly. Fill jelly glasses with mixture, cool, and seal.

Yellow Tomato Preserves

1 pound yellow pear tomatoes
1 pound sugar
2 ounces preserved ginger
2 lemons, sliced

Wipe tomatoes, cover with boiling water, and let stand until skins may be easily removed. Add sugar, cover, and let stand overnight. Pour off sirup and boil until quite thick; skim, then add tomatoes, ginger, and lemons (seeds removed). Cook until tomatoes have a clarified appearance.

CHAPTER 48

PICKLES AND RELISHES

Pickles or relishes may be stored in covered crocks or sealed in jars.

Apple Catsup

Sour apples
1 cup sugar
1 teaspoon pepper
1 teaspoon cloves
1 teaspoon mustard
2 teaspoons cinnamon
1 tablespoon salt
2 onions, finely chopped
2 cups cider vinegar

Wipe, quarter, pare, and core apples. Cover with boiling water, bring to boiling point, and simmer until soft, when nearly all the water should be evaporated; then rub through a sieve (to make 1 quart pulp).

Mix other ingredients and add to pulp. Bring to boiling point and simmer 1 hour. Bottle, cork, and seal while hot.

Spiced Celery

6 bunches celery
15 tomatoes
1 red pepper
2 cups sugar
2 tablespoons salt
1 teaspoon mustard
1 teaspoon clove
1 teaspoon allspice
1 teaspoon cinnamon
1 teaspoon celery seed
1½ cups vinegar

Cut off roots and leaves of celery, separate stalks, and chop. Wipe, peel, and chop tomatoes. Wipe and chop pepper. Mix dry ingredients and add vinegar. Combine mixtures, put in preserving kettle, bring to boiling point, and simmer 1½ hours. Fill jars to overflow and adjust covers.

Chili Sauce I

12 medium-sized ripe tomatoes
1 pepper, finely chopped
1 onion, finely chopped
2 cups vinegar
3 tablespoons sugar
1 tablespoon salt
2 teaspoons clove
2 teaspoons cinnamon
2 teaspoons allspice
2 teaspoons grated nutmeg

Peel tomatoes and slice. Put in a preserving kettle with remaining ingredients. Heat gradually to boiling point, and cook slowly 2½ hours.

Chili Sauce II

12 medium-sized tomatoes
4 onions
2 red peppers
2 tablespoons salt
2 tablespoons celery seed
¼ cup brown sugar
2 cups vinegar

Wipe and peel tomatoes and cut in ¼-inch slices, crosswise. Put in preserving kettle and add onions peeled and chopped, peppers chopped, and remaining ingredients. Bring to boiling point and simmer 3 hours.

Corn Relish

1½ dozen ears corn
1 small cabbage
1 bunch celery
4 onions
2 green peppers
2 quarts vinegar
2 cups sugar
1 cup flour
½ cup salt
½ teaspoon mustard
¼ teaspoon cayenne
½ teaspoon turmeric

Cut corn from cob. Force cabbage through a food chopper. Separate celery stalks, remove leaves, and chop. Peel onions and cut in thin slices. Wipe peppers and chop. Put vegetables in preserving kettle and pour over half the vinegar. Mix sugar, flour, salt, mustard, cayenne, and turmeric and add remaining vinegar. Combine mixtures, bring to boiling point, and simmer 40 minutes. Fill glass jars and seal.

Sweet Crab Apple Pickle

3 pounds crab apples
2 cups cider vinegar
1 cup sugar
1½ teaspoons cloves
1½ teaspoons allspice berries
1½ teaspoons black pepper
1½ teaspoons ginger

Wipe crab apples, remove stems, and steam until soft. Tie spices in muslin bag, put in preserving kettle, add vinegar, sugar, and apples, bring gradually to boiling point, and simmer 20 minutes.

Spiced Currants

7 pounds currants
5 pounds brown sugar
3 tablespoons cinnamon
3 tablespoons clove
1 pint vinegar

Pick over currants, wash, drain, and remove stems. Put in a preserving kettle, add sugar, vinegar, and spices tied in a piece of muslin. Heat to boiling point, and cook slowly 1½ hours. Store in a stone or glass jar and keep in a cool place.

Gooseberry Catsup

5 pounds gooseberries
4 pounds sugar
2 cups cider vinegar
1½ tablespoons cinnamon
1 tablespoon clove
1 tablespoon allspice

Pick over, wash, and drain gooseberries. Put in kettle and add sugar, vinegar, and spices. Bring to boiling point and simmer 2 hours. Fill bottles and seal.

Gooseberry Relish

5 cups gooseberries
1½ cups raisins
1 onion
1 cup brown sugar
3 tablespoons mustard
3 tablespoons ginger
3 tablespoons salt
¼ teaspoon cayenne
1 teaspoon turmeric
1 quart vinegar

Pick over, wash, and drain gooseberries. Add raisins (from which seeds have been removed) and onion, peeled and sliced. Chop or force through a meat chopper, put in preserving kettle and add sugar, mustard, ginger, salt, cayenne, and turmeric. Pour over vinegar, bring slowly to boiling point, and simmer 45 minutes. Strain through a coarse sieve, fill bottles with mixture, and seal.

Grape Catsup

Grapes
5 pounds sugar
2 quarts vinegar
1 tablespoon cinnamon
1 tablespoon allspice
2 tablespoons clove
1 grated nutmeg

Pick over, wash, drain, and remove stems from grapes. Add cold water to barely cover, bring to boiling point, and simmer until fruit is soft; then press through a sieve, discarding skins and seeds. Put 10 pounds of the fruit pulp in a preserving kettle and add other ingredients. Bring to boiling point and simmer until the consistency of a catsup. Fill bottles to overflowing, adjust stoppers, and seal.

Sweet Pickled Peaches

½ peck peaches
2 pounds brown sugar
1 pint vinegar
1 ounce stick cinnamon
Cloves

Boil sugar, vinegar, and cinnamon 20 minutes. Dip peaches quickly in hot water, then rub off the fur with a towel. Stick each peach with 4 cloves. Put into sirup and cook until soft, using half the peaches at a time.

Sweet Pickled Pears

Follow recipe for Sweet Pickled Peaches, using pears in place of peaches.

Spiced Rhubarb

2½ pounds rhubarb
2 pounds sugar
⅞ cup vinegar
1 teaspoon cinnamon
½ teaspoon clove

Wipe rhubarb, skin, and cut stalks in 1-inch pieces. Put in preserve kettle, add remaining ingredients, bring to boiling point, and simmer until of the consistency of a marmalade. Fill jelly glasses with mixture, cool, and seal.

Pepper Relish I

1 peck red peppers
2 cups cold water
1 cup salt
2 cups vinegar
1 cup brown sugar
½ cup white mustard seed

Wipe peppers, cut in halves, remove seeds, and put through meat chopper. Put in kettle and add water and salt; cover and let stand overnight. Drain and pour over vinegar, sugar, and mustard seed which have been brought to boiling point and boiled 2 minutes. Fill jars to overflow and adjust covers.

Pepper Relish II

1 quart vinegar
12 green peppers
12 red peppers
15 large onions
2 cups sugar
3 tablespoons salt

Remove seeds from peppers. Put peppers and onions through food chopper. Pour on boiling water and drain. Cover with cold water, bring to boil, and drain. Bring vinegar, salt, and sugar to boil, add to chopped mixture, and boil 1 minute.

Tomato and Celery Relish

1 onion
1 large green pepper
1 large bunch celery
2½ cups canned or fresh tomatoes
(finely chopped)
1 tablespoon salt
2 tablespoons sugar
2 allspice berries
⅔ cup vinegar

Mix ingredients, heat gradually to boiling point, and cook slowly 1½ hours. Cayenne or mustard may be added if desired.

Bottled Tomato Sauce

12 large tomatoes
3 bunches celery
4 green peppers
2 onions
2 tablespoons salt
2 tablespoons sugar
3 cups vinegar

Peel and chop tomatoes and onions, put in kettle and add celery (from which root and leaves have been removed) and peppers, both finely chopped, and remaining ingredients. Bring to boiling point and simmer 1½ hours. Fill bottles with mixture, cork, and seal.

Piccalilli

½ bushel green tomatoes
½ peck green peppers
½ peck onions
2 medium-sized cabbages
1½ cups salt
3 pounds brown sugar
2 ounces white mustard seed
6 ounces stick cinnamon
3 ounces cloves
2 ounces allspice berries
Vinegar

Wash tomatoes and peppers, peel onions, and cut cabbages in quarters. Put the vegetables through food chopper, using a large knife. Sprinkle alternate layers of vegetables with salt, cover, and let stand overnight. Drain, add sugar, mustard seed, and the remaining spices, tied in a bag made of muslin or cheesecloth. Pour on vinegar just to cover vegetables, bring to the boiling point, boil 30 minutes. Remove spice bag, fill glass jars with mixture, and adjust covers.

Ripe Tomato Pickle (Allerton Pickles)

3 pints tomato pulp
1 cup chopped celery
4 tablespoons chopped red pepper
4 tablespoons chopped onion
4 tablespoons salt
6 tablespoons sugar
6 tablespoons mustard seed
1 tablespoon grated nutmeg
1 teaspoon cinnamon
½ teaspoon clove
2 cups vinegar

Wipe, peel, and chop ripe tomatoes; there should be 3 pints. Add remaining ingredients and stir until thoroughly blended. Put in a stone jar and cover. Let stand at least 1 week before using. This uncooked mixture will keep 6 months.

Chowchow I

2 quarts small green tomatoes
12 small cucumbers
3 red peppers
1 cauliflower
2 bunches celery
1 pint small onions
2 quarts string beans
¼ pound mustard seed
2 ounces turmeric
½ ounce allspice
½ ounce pepper
½ ounce clove
Salt
1 gallon vinegar

Prepare vegetables and cut in small pieces, cover with salt, let stand 24 hours, and drain. Heat vinegar and spices to boiling point, add vegetables, and cook until soft.

Chowchow II

1 quart tiny white onions
1 quart small cucumbers
2 heads cauliflower, separated into flowerets
2 green peppers, thinly sliced
Boiling water
Salt

Cover vegetables with boiling water and salt, allowing 1½ cups salt to 2 quarts boiling water. Let stand overnight. Drain thoroughly, add water and salt as before, bring to boiling point, simmer until vegetables are soft. Drain thoroughly and add to dressing and simmer 10 minutes.

Dressing:

6 tablespoons mustard
3 tablespoons flour
1 tablespoon curry powder
⅔ cup sugar
½ cup cold vinegar
2½ cups hot vinegar

Moisten dry ingredients to paste with cold vinegar. Add hot vinegar and cook over hot water, stirring constantly until mixture thickens.

Petersham Chowchow

2 quarts green tomatoes
1 bunch celery
6 green peppers
1 quart button onions
1 cauliflower
2 cups salt
3 quarts water
1 cup flour
8 tablespoons mustard
1 tablespoon turmeric
1 cup sugar
5 cups vinegar

Wipe tomatoes and cut in eighths. Scrape celery and cut in ¾-inch slices, crosswise. Wipe peppers and cut in pieces. Peel onions, separate cauliflower in flowerets, cover with boiling water, boil 3 minutes, and drain. Mix tomatoes, celery, peppers, onions, and cauliflower and pour over brine made of salt and water. Let stand overnight. Bring to boiling point in the same brine and boil until vegetables are tender. Drain. Mix flour, mustard, and turmeric and add cold vinegar slowly to make a smooth paste; then add sugar and remaining vinegar. Cook over hot water until mixture thickens, stirring constantly at first and afterwards occasionally. Add drained vegetables to mixture and cook until thoroughly heated.

Chopped Pickles

4 quarts chopped green tomatoes
¾ cup salt
2 teaspoons pepper
3 teaspoons mustard
3 teaspoons cinnamon
3 teaspoons allspice
3 teaspoons cloves
½ cup white mustard seed
4 green peppers, sliced
2 chopped onions
2 quarts vinegar

Add salt to tomatoes, cover, let stand 24 hours, and drain. Add spices to vinegar and heat to boiling point. Add tomatoes, peppers, and onions, bring to boiling point, and cook 15 minutes after boiling point is reached. Store in a stone or glass jar and keep in a cool place.

Spanish Pickles

1 peck green tomatoes, thinly sliced
4 onions, thinly sliced
1 cup salt
½ ounce cloves
½ ounce allspice berries
½ ounce peppercorns
½ cup brown mustard seed
1 pound brown sugar
4 green peppers, finely chopped
Cider vinegar

Sprinkle alternate layers of tomatoes and onions with salt and let stand overnight. Drain, and put in a preserving kettle, adding remaining ingredients, using enough vinegar to cover all. Heat gradually to boiling point and boil ½ hour.

Dutch Salad

1 quart green tomatoes
¼ cup salt
2 quarts small pickling cucumbers
1 quart small onions
1 small white cabbage
2 cauliflowers
9 green peppers
Boiling water
3 tablespoons salt

Dutch Dressing

Wipe and thinly slice tomatoes. Arrange in layers, sprinkling each with salt, cover, and let stand overnight. Drain thoroughly and chop. Put in a preserving kettle and add cucumbers chopped, cabbage chopped, cauliflowers separated into flowerets, and chopped peppers (from which seeds have been removed). Add boiling water just to cover vegetables and salt. Bring to boiling point and let simmer until vegetables are tender; drain. Pour over Dutch Dressing and let simmer 15 minutes. Cool and store in jars.

Dutch Dressing. Mix 2 cups brown sugar, 1 cup bread flour, ⅓ cup mustard, 1½ tablespoons salt, and 2½ tablespoons turmeric. Add gradually, while stirring constantly, 2 quarts hot vinegar. Bring to boiling point and boil until mixture thickens.

Pickled Onions

Peel small white onions, cover with brine, allowing 1½ cups salt to 2 quarts boiling water, and let stand 2 days; drain and cover with more brine; let stand 2 days and again drain. Make more brine and heat to boiling point; put in onions and boil 3 minutes. Put onions in jars, interspersing with bits of mace, white peppercorns, cloves, bits of bay leaf, and slices of red pepper. Fill jars to overflow with vinegar scalded with sugar, allowing 1 cup sugar to 1 gallon vinegar. Seal while hot.

Souri

1 peck green tomatoes, wiped and cut in thin slices
1 quart onions, peeled and cut in thin slices
1 cup salt
4 green peppers, finely chopped
6 cups brown sugar
6 tablespoons celery seed
6 tablespoons mustard seed
½ ounce cloves
½ ounce stick cinnamon
½ ounce allspice berries
} tied in muslin bag
Vinegar

Sprinkle alternate layers of tomatoes and onions with salt. Cover and let stand overnight. Drain thoroughly, add peppers, sugar, celery seed, mustard seed, and spices. Add just enough vinegar to cover mixture, bring to boiling point and simmer 2 hours.

This may be given a very fresh taste by adding a small quantity of celery cut in small pieces, whenever it is served.

Ripe Cucumber Pickle

Cut cucumbers in halves lengthwise. Cover with alum water, allowing 2 teaspoons powdered alum to each quart of water. Heat gradually to boiling point, then let stand in warm place 2 hours. Remove from alum water and chill in ice water. Make a sirup by boiling 5 minutes 2 pounds sugar, 1 pint vinegar, with 2 tablespoons each of whole cloves and stick cinnamon tied in a piece of muslin. Add cucumbers and cook 10 minutes. Remove cucumbers to a stone jar and pour over the sirup. Scald sirup 3 successive mornings and return to cucumbers.

Unripe Cucumber Pickles (Gherkins)

Wipe 4 quarts small unripe cucumbers. Put in a stone jar and add 1 cup salt dissolved in 2 quarts boiling water, and let stand 3 days. Drain cucumbers from brine, bring brine to boiling point, pour over cucumbers, and again let stand 3 days; repeat. Drain, wipe cucumbers, and pour on 1 gallon boiling water in which 1 tablespoon alum has been dissolved. Let stand 6 hours, then drain from alum water. Cook cucumbers 10 minutes, a few at a time, in ¼ the following mixture heated to the boiling point and boiled 10 minutes:

1 gallon vinegar
4 red peppers
2 sticks cinnamon
2 tablespoons allspice berries
2 tablespoons cloves

Strain remaining liquor over pickles which have been put in a stone jar.

Green Sliced Cucumber Pickles (Uncooked)

2 dozen 6-inch cucumbers
2 quarts boiling water
1½ cups salt
1 cup olive oil
¼ pound white mustard seed
¼ pound black mustard seed
6 cups vinegar

Wipe and slice cucumbers thinly without paring. Cover with a brine made of water and salt and let stand overnight.

Drain thoroughly and put in a crock. Mix remaining ingredients and pour over cucumbers. Stir frequently.

Oil Pickles

100 small cucumbers
1 quart small onions
1 pint olive or other salad oil
1 ounce celery seed
2 quarts vinegar
¼ pound ground mustard
¼ pound white mustard seed
1 tablespoon black pepper

Cut cucumbers and onions in slices. Put in earthen dish in layers with salt between. Put heavy weight on top and let stand overnight. Drain. Mix seasonings and oil, add vinegar slowly, and pour over cucumbers and onions. Mix well. Pack in jars, seal, and store.

Mustard Pickles

4 quarts cucumbers
3 large cucumbers, cut in pieces
1 quart green tomatoes, wiped and cut in pieces
4 small onions, peeled and sliced
1 gallon boiling water
4 green peppers, wiped and sliced
1 bunch celery, chopped
1 cauliflower, separated into flowerets
2 cups salt

Add water and salt to vegetables. Cover and let stand overnight. Bring to boiling point and simmer until vegetables are tender. Drain, add to sauce, and boil 15 minutes.

For Dressing:

1 cup flour
1 cup sugar
6 tablespoons mustard
1 tablespoon turmeric
Cold vinegar
2 quarts vinegar, brought to boiling point
2 tablespoons celery seed

Mix dry ingredients to a paste with cold vinegar, add hot vinegar and celery seed, and boil 5 minutes.

Quick Mustard Pickle

1 quart cabbage, shredded fine
2 pimientos, cut in fine strips
1 large green pepper, cut in fine strips
⅔ cup sliced onion
2 cups vinegar
3 cups water
¼ cup salt

Let stand while making dressing. Bring to boiling point and drain. Add to dressing, simmer 5 minutes. Serve cold.

Dressing:

½ cup sugar
6 tablespoons flour
1½ tablespoons mustard
½ teaspoon turmeric
½ teaspoon celery salt
1½ teaspoons salt
1 cup cold water
1 cup hot vinegar

Mix dry ingredients. Add slowly water and vinegar. Stir and cook over hot water until thick. Cover and cook 10 minutes. Add drained cabbage mixture and cook 5 minutes longer.

CHAPTER 49

CANNING

TO SELECT AND PREPARE FRUITS AND VEGETABLES

Use only clean, sound fruits and vegetables in prime condition. Material should be canned the same day it is gathered.

Wash material thoroughly.

Remove stems (pear stems may be left on).

Remove skins.

COLD WATER METHOD

Canned Gooseberries

Wash thoroughly. Pack in a jar, put under cold-water faucet, and let water run 20 minutes, then screw on cover.

Canned Rhubarb

Pare rhubarb and cut in 1-inch pieces. Pack like Canned Gooseberries.

OPEN KETTLE METHOD

(Used principally for small fruits and berries)

For canning fruit by the open kettle method, allow ⅓ its weight in sugar and 2½ to 3 cups water to each pound of sugar. Boil sugar and water 10 minutes to make a thin sirup; then cook a small quantity of the fruit at a time in the sirup; by so doing, fruit may be kept in perfect shape. Hard fruits, like pineapple and quince, are cooked in boiling water until nearly soft, then put in sirup to finish cooking. Sterilized jars are then filled with fruit and enough sirup added to overflow jars. If there is not sufficient sirup, add boiling water, as jars must be filled to overflow. Introduce a spoon between fruit and jar, that air bubbles may rise to the top and break; then quickly put on rubbers and screw on sterilized covers. Let stand until cold, again screw covers, being sure this time that jars are air-tight. While filling jars, place them on a cloth wrung out of hot water.

Porter apples (quartered, cored, and pared), cherries, peaches (whole, baked, or cut in pieces), Bartlett pears and quinces (quartered, cored, and pared), etc., may be canned by this method.

To Sterilize and Fill Jars

Wash jars and fill with cold water. Set in a kettle on a trivet, and surround with cold water. Heat gradually to boiling point, remove from water, empty, and fill while hot. Put covers in hot water and let stand five minutes. Dip rubber bands in hot water, but do not allow them to stand. New rubbers should be used each season, and care must be taken that rims of covers are not bent, as jars cannot then be hermetically sealed.

Canned Huckleberries

Pick over and wash berries, then put in a preserving kettle with a small quantity of water to prevent berries from burning. Cook until soft, stirring occasionally, and put in jars. No sugar is required, but a sprinkling of salt is an agreeable addition.

Canned Tomatoes

Wipe tomatoes, cover with boiling water, and let stand until skins may be easily removed. Cut in pieces and cook until thoroughly scalded; skim often during cooking. Fill jars, following directions given.

JAR COOKED METHOD

By the Jar Cooked Method or Hot Pack Method, material to be canned is washed, blanched or pre-cooked if necessary, packed in clean hot jars, partially sealed, and then sterilized for a given length of time in a hot-water bath, pressure cooker, or oven with a temperature regulator. Sealing is then completed and product stored. Since manufacturers of pressure cookers and oven-regulated ranges issue booklets with instructions for their use in canning, the chart in this book gives only time for processing or sterilizing in a hot-water bath.

To Pre-Cook or Blanch. Fruits and tomatoes may be pre-cooked or not as desired. Non-acid vegetables must be pre-cooked to remove air, to shrink them, to facilitate packing, and to make possible packing in the container at boiling temperature.

Blanching is the term used to designate the process of short cooking before the product is put into its container. To blanch the fruit or vegetable place a quantity sufficient to fill one jar in a wire basket, plunge into a large kettle of boiling water, and leave the length of time required in the time-table for blanching. Use a square yard of cheesecloth with opposite corners tied, if wire basket is not at hand. Minutes are counted from the time the water begins to boil after the product is put into it. Be sure that the water reaches all parts of the product.

If the blanching kettle is filled with fruit, the water becomes chilled and takes so long to come again to the boiling point that the fruit becomes soft before it is heated through, while the juices of the vegetables are drawn out in the water Therefore, plunge only a small amount of fruit and vegetables at a time.

In steaming, the product is heated by steam but is not immersed in water.

In scalding, the product is plunged into the water. The minutes are counted from the time it is immersed without waiting for the water to come to the boiling point. Scalding loosens the skins of fruit and vegetables that have to be peeled.

Blanching removes any foreign matter that escaped the washing, and any strong flavor that might be undesirable in the cooked product, and makes it possible to sterilize vegetables in one period of cooking.

To Pack in Jars. Any jar or can that is clean and can be made air-tight may be used. Large-mouthed, clear glass jars are to be preferred for home use, as they are easy to fill and can be used again and again. First warm the jars by rinsing them in hot water and let stand in hot water until used. Pack product firmly and closely, leaving no open spaces, but being careful that product is not jammed or crushed. Arrange products so that they will look well through the glass. Pack jars and put in sterilizer one at a time.

To Add Sirup or Hot Water. Fill jars to within half an inch of top with boiling liquid, pouring it slowly to avoid breaking. For vegetables, except tomatoes, use boiling water and allow one teaspoon of salt to each quart jar. For tomatoes use tomato juice and no water. For fruits, make a sirup by boiling two parts water with three parts sugar. This may be boiled only long enough to dissolve the sugar, if

fruit needs very little sweetening; or to a very thick sirup for rich preserves. For unsweetened fruits use only water or fruit juice and no sugar.

Cut spinach or other greens diagonally with a knife after they are in the jar, so that water can reach center of greens in jar.

Any air space remaining at top of jar will be sterilized and can make no trouble.

To Adjust Rubber or Cover. When jars are packed, put on the rubbers. These must be new each year, and tested. If a rubber comes back to its original size after being stretched, it is right for use; if it remains enlarged, discard it. It is imperative that rubbers be elastic and tight. Covers and jar tops must be smooth and fit correctly.

To Partially Tighten Covers. Put on the covers. Leave the lower lever of jar up and do not quite complete turning screws of screw-top jars. If the cover is put on perfectly tight there will be no room for expansion, and breakage is liable to occur.

To Sterilize (Process) in Hot Water Bath. To sterilize, slowly lower the product in its can, top up, in a kettle or boiler of boiling water; then add water to cover the jars one inch over the top. Bring the water to the boiling point and keep boiling the length of time given on the time-table for sterilizing the product being canned. A rack in the bottom of the kettle is necessary to keep the cans from resting directly on the bottom, or individual wire holders can be used. Keep the water boiling constantly during the sterilizing process.

To Remove Jars. A wire holder with handle for each jar is convenient to use. If they are not at hand, lift jars from boiling water with a long-handled skimmer, or spring fork. Tighten the cover immediately. Place jars upside down on a cloth, allowing space between jars. Keep protected from drafts. A draft in the kitchen causes more breaks than anything else. If a can shows signs of fermentation after two or three days, loosen the covers and sterilize again for a short time.

For time-tables see page 768.

TIME-TABLES FOR BLANCHING OR PRE-COOKING AND STERILIZING OR PROCESSING

Variation in Time. The time will vary somewhat, according to the condition of the fruit or vegetable.

VEGETABLES

Product	Pre-cook or Blanch	Sterilize or Process
Asparagus	3 minutes	2 hours
Beans	5 minutes	2 hours
Beans, Lima	5 minutes	3 hours
Beets	15 minutes	1½ hours
Carrots	10 minutes	1½ hours
Corn	5 minutes	3 hours
Greens	Steam until wilted	3 hours
Parsnips	5 minutes	1½ hours
Peas	5 minutes	3 hours
Pumpkin	5 minutes	2 hours
Squash	Cook until tender	3 hours
Succotash	(As for corn and beans)	3 hours
Sweet peppers	5 minutes	4–5 hours
Swiss chard	Steam until wilted	3 hours
Tomatoes	2 minutes	25 minutes

FRUITS

Product	Scald	Sterilize or Process
Apples, sliced	——	20 minutes
Apples, whole	——	20 minutes
Apricots	20 minutes	16 minutes
Blackberries	——	16 minutes
Blueberries	——	16 minutes
Cherries	——	16 minutes
Crab apples	1 to 2 minutes	20 minutes
Currants	——	16 minutes
Dewberries	——	16 minutes
Gooseberries	——	16 minutes
Grapes (grape juice)	——	16 minutes
Huckleberries	——	16 minutes
Peaches	1 to 2 minutes	16 minutes
Pears	——	20 minutes
Pineapples	5 minutes	30 minutes
Plums (prick skins)	1 to 2 minutes	16 minutes
Quinces	2 minutes	30 minutes
Raspberries	——	16 minutes
Rhubarb	——	15 minutes
Strawberries	——	16 minutes

CHAPTER 50

THE DRYING OF FRUITS AND VEGETABLES

Drying is one of the simplest and cheapest ways of preserving fruits and vegetables for future use. Food may be dried by the sun or by artificial heat. If dried in the sun, protection from dust must be given, and food must be put under cover in the evening before the dew falls. Spread the prepared fruit or vegetable on frames covered with coarse wire netting or cheesecloth and put in the sun for successive days until the product is sufficiently dried. Artificial drying is quicker and cleaner than sun drying, especially in moderate and cold climates. In drying food by artificial heat use a *patent drier* that will dry the largest amount of food with the smallest expenditure of time and heat.

Preparation of Product. Fruits and vegetables to be dried by either the sun or artificial heat should be thoroughly washed and drained, and have all inedible portions removed. Blanching, with but few exceptions, is not essential if the product is either thinly sliced or cut in small pieces before being placed to dry. Corn is an exception to this rule. It should be blanched on the cob five minutes, cold dipped, and cut from the cob before drying.

On the Drier. Place pieces of fruit or vegetables in rows, close together, one layer deep, on the drying rack. If a patent drier is used, regulate the heat with a thermometer according to the time-table for drying. Turn the product while drying when necessary to keep it from adhering to the pan and make sure that every portion is subjected to heat. Quick drying is preferable to slow drying, but the heat must not be sufficient to cook the product. Remove as soon as dried.

Length of Time for Drying. When done, the product should feel dry on the outside but should be slightly soft inside. It will be pliable in the fingers but it will not be possible to squeeze out water. Nothing should be dried until brittle, for if the product is dried until hard and crisp, it will not soften when wanted for use.

Conditioning. After the products are sufficiently dried, put in

glass or pasteboard containers. For four successive days remove contents from container, pouring back and forth between two bowls several times, and then return to container. Moist and dry particles are thus brought into contact with each other, and a more even state of dryness is brought about. Conscientious *conditioning* is essential. If products seem too moist, return them to the racks for another period of drying. Look at the dried products once a week until the danger of mold is passed.

Greens, after being thoroughly washed and drained, should be spread out a leaf at a time. If they are piled up over each other, they will not dry. Turn frequently and remove while pliable, before they are dry enough to crack.

Rules and time-tables for drying serve as guides, but should be varied whenever the condition of fruits or vegetables, or the manner of drying, requires changes.

TABLE FOR DRYING

Product	Time for Drying	Temperature
Apples	4–6 hours	110°–150° F.
Apricots. (Let stand 20 minutes in boiling water)	4–6 hours	110°–150° F.
Beans, string, (more mature)	3 hours	110°–145° F.
Beans, string, (young)	2 hours	110°–145° F.
Beets. (Boil whole until ¾ done, skin, and cut)	2½–3 hours	110°–150° F.
Beet tops	3–4 hours	110°–130° F.
Brussels sprouts. (Blanch 6 minutes in boiling water with a pinch of soda)	2–3 hours	110°–145° F.
Cabbage	3 hours	110°–145° F.
Carrots	2½–3 hours	110°–150° F.
Cauliflower	2–3 hours	110°–145° F.
Celeriac	2½–3 hours	110°–150° F.
Celery	2–3 hours	110°–130° F.
Cherries	2–4 hours	110°–150° F.
Corn	3–4 hours	110°–145° F.
Kohl-rabi	2½–3 hours	110°–150° F.
Leeks	2½–3 hours	110°–140° F.
Lima Beans	3–3½ hours	110°–145° F.
Okra. (Let stand 3 minutes in boiling water with a pinch of soda)	2–3 hours	110°–140° F.
Onions	2½–3 hours	110°–140° F.
Parsley	3–4 hours	110°–130° F.
Parsnips	2½–3 hours	110°–150° F.

Product	Time for Drying	Temperature
Peaches	4–6 hours	110°–150° F.
Pears	4–6 hours	110°–150° F.
Peas	1½–2 hours	110°–145° F.
Peppers	Dry thoroughly	110°–140° F.
Plums. (Let stand 20 minutes in boiling water)	4–6 hours	110°–150° F.
Pumpkins	3–4 hours	110°–140° F.
Quinces	4–6 hours	110°–150° F.
Rhubarb	6–8 hours	110°–130° F.
Salsify	2½–3 hours	110°–150° F.
Spinach	3–4 hours	110°–140° F.
Squash	3–4 hours	110°–130° F.
Swiss chard	3–4 hours	110°–130° F.
Turnips. (Treat same as beets)	2½–3 hours	110°–150° F.

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Special Junket Recipes

By MARY MASON

Director of Domestic Science Dept., The Junket Folks, Little Falls, N. Y.

Golden Glow Junket

1 package Lemon Junket
1 pint milk
1 cup stewed apricots
1 egg white
1 tablespoon sugar

Prepare half the lemon junket with half the milk according to directions on package; pour into five individual dessert glasses. Rub the stewed dried apricots through a sieve and sweeten to taste. When the junket is firm, add a layer of apricot. Cover with the other half of the lemon junket prepared as the first. When firm, set away to chill. At time of serving top with apricot whip, made by beating the egg white until stiff, then adding sugar and two tablespoons of apricot pulp.

Raspberry Junket Parfait

1 package Raspberry Junket
1 pint of milk
½ cup sugar
½ cup cream
2 whites of eggs
¼ cup each of dates, figs, nuts and raisins, chopped
¼ cup cocoanut

Put the chopped fruit, nuts, and cocoanut in the bottom of the dessert glasses. Beat egg whites stiff; warm the milk to *lukewarm—not hot.* Remove from stove, add sugar and Junket; stir for *one minute* to dissolve, then stir in quickly the beaten egg whites. Pour immediately over the fruit and nuts. Let stand in a warm room until firm—about 20 minutes—then chill. Top with whipped cream flavored with 1 teaspoon maraschino cherry juice, sprinkled with cocoanut.

Orange Junket with Bananas

1 package Orange Junket
1 pint milk
bananas

Cut bananas in thin slices and place in bottom of dessert glasses. Warm milk slowly until it is lukewarm. Remove from stove. Crush any lumps in the Junket, turn into the milk, stirring briskly. It will dissolve in one minute. Pour at once over the bananas, and let stand undisturbed in a warm room—about 20 minutes. When firmly set remove without jarring to a cold place.

Strawberry Junket Ice Cream

1 Junket Tablet
1 tablespoon cold water
1 pint milk
1 cup sugar
½ pint cream
2 cups strawberry puree
2 tablespoons lemon juice

Crush Junket Tablet and dissolve in cold water. Add sugar to milk and warm until *lukewarm—not hot.* Remove from stove. Add dissolved Junket Tablet; pour into freezer can. Let stand until firm, pack in ice and salt, and freeze to a mush. Add cream, whipped, strawberry puree and lemon juice. Prepare puree by crushing about one quart of strawberries and rubbing through sieve—adding sugar if necessary.

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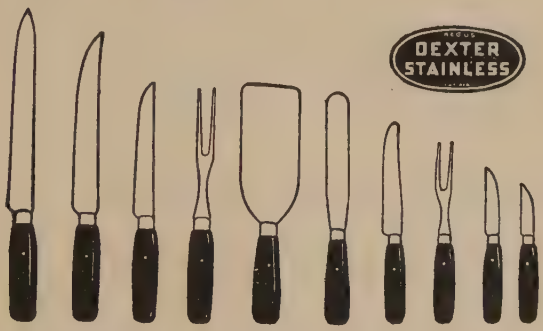

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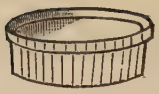

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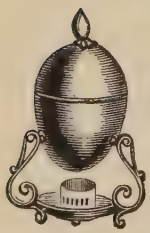
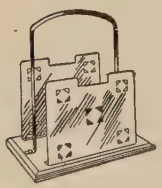

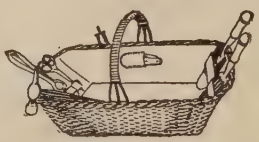

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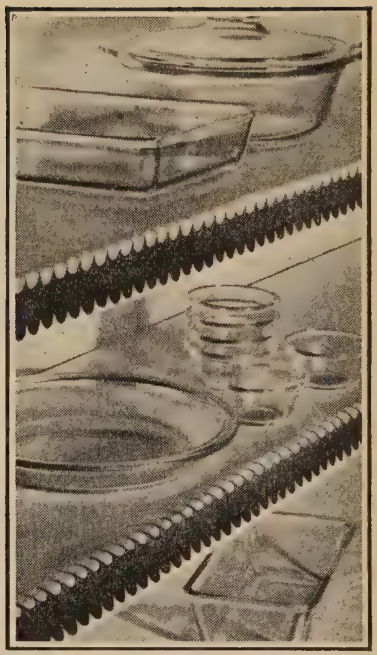
Pyrex Ovenware bakes foods and serves them piping hot, without the bother of changing dishes



YOU can do many things with Pyrex Ovenware that are not possible with old-fashioned kitchen ware . . . Take foods straight from oven to table, thus eliminating one article in dishwashing . . . Bake whole dinners at one time . . . Make entirely new kinds of meat, fowl, fish and egg dishes . . . Cook vegetables and fruits with less water . . . Bake foods more evenly—top, sides, center and bottom.

Keep dinner waiting, if necessary. In covered Pyrex dishes it will stay hot, juicy and savory. Save appearance, flavor, extra dishwashing and time by serving in Pyrex dishes. The food looks more attractive and will keep hot for the second serving.

Only $5.15 **for this ten-piece outfit! This wonderfully compact set of Pyrex Ovenware will equip your kitchen for everyday baking. It takes up very little room in cupboard or pantry.**

• • •

And, if any is left over, put it in the refrigerator in the same Pyrex dish. For Pyrex ware withstands ice-box chill as well as oven heat. And as you doubtless know, no dishes are better than glass ones, for keeping foods fresh in the refrigerator.

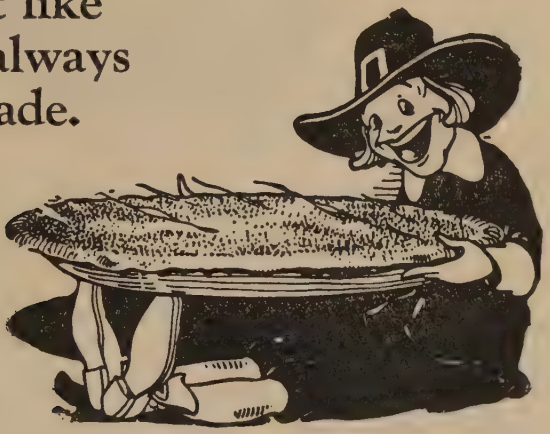
You will find these dishes, and many other Pyrex dishes as well, on sale in the houseware or china sections of your local department store or hardware store.

GUARANTEE: Every piece of Pyrex Ovenware is guaranteed for two years from date of purchase against breakage from oven heat.

Trade-mark "PYREX" Reg. U. S. Pat. Off.

Grandmother's Mince Meat

Just like
she always
made.



The WHIPPLE Co.

NATICK · MASS.

Makers of
Grandmother's
Pure
Marmalade
and
Walnut Hill
Pure
Preserves

The new and better way of preparing food

How many uncounted minutes . . . how many hours every week . . . women must spend at monotonous, wearisome kitchen tasks . . . if they prepare their food by hand!

Ten minutes here, to mix a cake . . . ten minutes there, to mash and whip potatoes . . . and lightness and smoothness never certain even then. Minutes for beating eggs, minutes for whipping cream . . . have you ever totaled them up?

Makes Cooking a Joy

Contrast these old ways with the new electric way! At the snap of a switch, KitchenAid performs *all* the tiring, time-consuming tasks connected with food preparation.

KitchenAid mixes dough—mashes potatoes—beats eggs—cuts shortening into flour—creams butter—whips cream . . . mayonnaise—strains fruits—sieves beans or peas for purees—chops meat—grinds coffee . . . cereals—shreds vegetables—slices fruits . . . vegetables—chips ice—freezes ice cream. All these things—and more.

There is new savor, too, in foods prepared by this wonderful electric servant . . . and fewer utensils to wash, as well. More varied, more delicious menus are made possible . . . recipes "turn out" uniformly better.

Send for the KitchenAid Book

KitchenAid has a beautiful lacquer finish . . . is compact and sturdy . . . light in weight and easily handled . . . occupying only one square foot of space. KitchenAid plugs into any electrical outlet and operates at a cost of but one cent an hour . . . may be purchased with or without cabinet.

Recently the new model KitchenAid has been introduced. We'll gladly send you its fascinating story, and details of our unusually liberal Household Budget Plan. Write for it—no cost, no obligation.

The KitchenAid Manufacturing Co.
Troy, Ohio

Sales agencies in principal cities—consult telephone directory. Distributing agencies: 173 King St. E., Toronto, Canada; 38 Charterhouse St., London, E. C. 1, England. (112)

KitchenAid
REG. U.S. PAT. OFF.
Electrical Food Preparer for the Home

Fewer eggs . . Less shortening
Better Cake!

No ordinary flour can promise you that!

Can you imagine fine, feathery, fluffy cake made with only one egg and a bit of shortening? No—you just can't. Not if you've been using ordinary flour for your cakes! For all you'd get with ordinary flour—well you know—would be . . . just the most ordinary sort of cake!

YET MAKE UP A ONE-EGG SWANS DOWN RECIPE . . . AND SEE WHAT HAPPENS! YOU'LL GET CAKE THAT IS FINE, LIGHT, TENDER . . . JUST A MARVEL OF A CAKE! In order to get cake anywhere as fine, using ordinary flour, you'd have to use more eggs, more shortening!

How, you're asking, how can flour alone make so much difference? Every cake maker should know the reason. Here it is:

Why SWANS DOWN makes such a difference in cakes

All flours contain gluten. In ordinary flours which are milled primarily for yeast breads, the gluten is tough, elastic—perfect for yeast's slow leavening, but entirely too resistant to egg whites, baking powder and other cake leavens.

But Swans Down, which is milled especially for cakes, is made of soft winter wheat—because only in this wheat can you get the delicate gluten which cakes require. This gluten, quickly responsive to cake leavens, plays an important part in the success of your Swans Down cakes.

And the difference in Swans Down doesn't stop there. Swans Down is made of the choicest part of the wheat kernel only. Sifted and resifted through silken meshes, Swans Down comes to you 27 *times as fine as ordinary flour!*

No wonder Swans Down can make an "economy" cake so wonderfully good! No wonder it can make butter cakes, sponge cakes, angel foods, *all* cakes better than ordinary flour can ever make them. No wonder Swans Down permits you to save on eggs and shortening—permits you to save more than its trifling extra cost—and gives you—*finer cake!*

Send for this wonderful recipe booklet!

Send 10c today, for "Cake Secrets" . . . the most complete booklet on cakes you ever saw! 127 recipes—for cakes, pies, cookies, quick breads! Address your request to Igleheart Brothers, Inc., Evansville, Indiana. © 1930, G. F. Corp.

SWANS DOWN

CAKE FLOUR

A Product of General Foods Corporation

FASTER FREEZING
—with the "Cold Control"

FRESHER VEGETABLES
—with the Hydrator

GREATER BEAUTY
—with all Porcelain-on-steel

only Frigidaire offers all these advantages

No waiting for ice cubes and desserts . . . with Frigidaire. Turn the "Cold Control" to six and they start to freeze *at once.*

No need to use covered pans and dishes for vegetables . . . with Frigidaire. The Hydrator keeps them fresh . . . actually makes wilted ones fresh again.

And Frigidaire is strikingly beautiful. The mechanism is in the *bottom* of the cabinet . . . out of the way. And the finish throughout is Porcelain-on-steel . . . so durable that it won't scratch, peel, rust or blister.

Call at the nearest Frigidaire display room and see a complete demonstration.

FRIGIDAIRE

More than 1,500,000 in use

Frigidaire Corporation
Subsidiary of General Motors Corporation
Dayton, Ohio

GraybaR

QUALITY

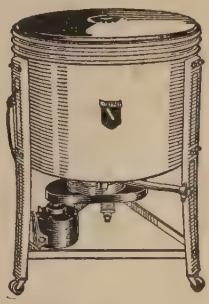
The Graybar Shield—mark of reliability on a complete line of household appliances

When you think of Modern Methods of Housekeeping think of Graybar. Graybar has a Complete Line of Electrical Housekeeping Appliances—all bearing the Shield of Quality.

Look for this Shield. It means an appliance built for a woman from a woman's viewpoint. Designed to do the work as efficiently, quickly and easily as possible. Simple and sturdy in construction. Attractive in appearance. Easy to care for. Easy to operate.

In the line you will find both a Two-Speed Clothes Washer with a wringer and a smaller wringerless washer. A Table-Top Ironer, a Quick-Heating Iron, Sewing Machines, Vacuum Cleaners, Fans and Heaters.

This is the new Simplified Clothes Washer without wringer



Write us for further particulars

GraybaR
ELECTRIC COMPANY

Lexington Avenue and 43rd Street
NEW YORK CITY

For Best Results *Use* KREAMERWARE

THE recipe wins or loses on the kind of Tinware used. Those who want the very best results insist on KREAMERWARE. For over fifty-six years it has been the standard in the finest homes, hotels and institutions in the country. Made of the very best materials, Kreamer tinware is built for hard continuous use.

Ask your dealer to show you the complete line of KREAMERWARE. Note particularly the many fancy Moulds, Bread Boxes, Cake Boxes and food containers. Many items are available in attractive colors to harmonize with the color scheme of your kitchen. Be sure the name "Kreamer" is on every piece you buy.

KREAMERWARE

THE QUALITY TINWARE

A. Kreamer, Inc. Brooklyn, N. Y.

RAFFETTO
NESSELRO
REG. U.S. PAT. OFF.
WITH
French Marrons
Assorted Fruits
Rhum Punch Flavor
mix
grandeur
into plain ice cream
Stir Raffetto's NESSELRO into ice cream for a correct banquet Nesselrode Pudding or spoon over sundaes and frozen desserts for the exquisite flavors of tutti frutti and biscuit tortoni. These superb Raffetto fruits, marrons and Rhum punch belong in an argosy of dreams instead of the simple glass jar. Ready to use at your dealer's. In 13-ounce jars (enough for two quarts).
G.B. RAFFETTO, INC.
412 West 13th St., New York, N. Y.

OTHER RAFFETTO PRODUCTS

French Marrons	Sweet Pickled Cucumber Rings
Brandied Fruits	Plantation Circles
Fruits in Sherry	Rare Fruits in Glass

FOR SALE AT LEADING STORES

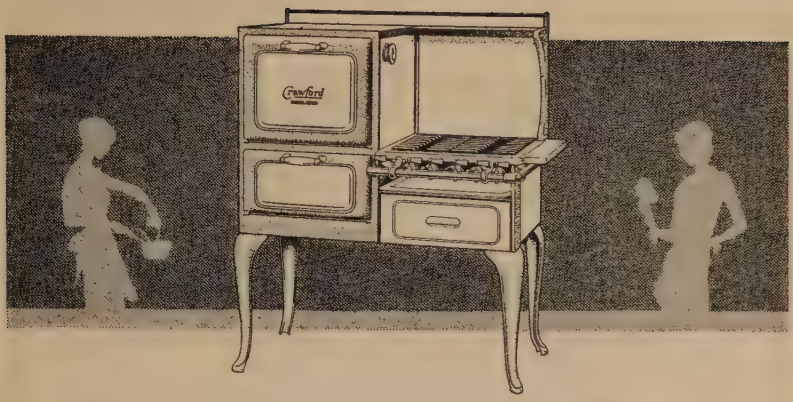
MAZOLA

THE PURE OIL FROM CORN

for Frying

for Salads

for Shortening



Electric Coal and Gas

CRAWFORD builds all three kinds of cooking ranges, and combinations of any two kinds.

A lifetime of service from a range doesn't just happen, yet three generations of housewives have learned to expect just such service from Crawford Ranges.

Crawford Ranges are built to last. Designs have changed, and countless improvements have been made—but the basic CRAWFORD QUALITY remains intact.

You want a modern cooking range — who does not? But you want one which cooks food as well as food can be cooked, with a minimum of effort on your part and with the least strain on your budget. The Crawford range does this now, next year, and for many years to come.

See the new Crawford Ranges as soon as you can or write us direct

WALKER & PRATT MFG. CO.

31-35 Union Street BOSTON, MASS.

Crawford Ranges

IF every housewife knew what all good cooking authorities think of a plain, unflavored gelatine—no pantry shelf in the land would be without a package of Knox Sparkling Gelatine—"The Highest Quality for Health."

For economy, for purity, for table variety and for health all thinking housewives prefer Knox Gelatine. Each package makes four different desserts or salads—each enough for six servings—or four times more than the ready-flavored packages make. And you needn't use the entire package at one time, as the four dishes can be made on four separate days.

FREE RECIPE BOOKS

You will prize Mrs. Knox's book "Food Economy" for its real practical help. It gives recipes for plain, every-day dishes and also many helpful suggestions on how to keep house economically. For the more elaborate desserts, salads and special recipes suitable for entertaining, you will of course want our book "Dainty Desserts." Both will be sent you free if you will give your grocer's name and mention this book.

KNOX SPARKLING GELATINE

JOHNSTOWN, N. Y.

OLD GRIST MILL

HEALTH FOODS

OLD GRIST MILL HEALTH FLOUR. Bolted from Entire Wheat. Used by the best cooks when a dark health bread is desired. Bolted free from coarse particles.

Arlington Wheat Meal—Graham. Stone ground from selected winter wheat. Nothing added—nothing removed. Made since 1863.

BOSTON 1915 CAKE and PASTRY FLOUR is a special quality cake flour. None better can be obtained. The Highest quality money can buy. Best for angel cake, short cake, sponge cake, etc.

"DIET-EASE" GLUTEN FLOUR. Used to control weight and regulate diet. Contains more Protein and less Starch than Government standards. More Nutritious and Less Fattening.

OLD GRIST MILL WHEAT COFFEE. If coffee hurts you, drink OLD GRIST MILL. For 35 years the best coffee substitute on the market. Tastes like real coffee, without the after effects. Sample sent on request.

POTTER-WRIGHTINGTON, INC.
Boston, Mass.

Established 1876

Vogue for Color in Dishes demands Modern Dishwashing

By RUTH WASHBURN JORDAN
Home Economics Expert

IT'S color everywhere—from fragile, imported china to the gay cups and saucers at the "Five and Ten."

But these new colored dishes need special care—Lux!

The gentle Lux suds that modern homemakers everywhere have adopted to save the beauty of fine things also save the delicate colors of these new dishes—work the same magic with dishes as with fine fabrics.

And washing the dishes the modern way in bubbling, sparkling Lux saves your hands, too—keeps them smooth and white as hands of leisure.

Yet Lux for all your dishes costs less than 1¢ a day!

LEVER BROTHERS COMPANY . . . *Cambridge, Mass.*

LUX in the dishpan keeps your hands lovely for less than 1¢ a day

A few grains = less than ⅛ teaspoon
3 teaspoons = 1 tablespoon
1 fluid ounce = 2 tablespoons
16 tablespoons = 1 cup
½ pint jar = 1 cup
1 quart jar = 4 cups

TABLE OF WEIGHTS AND MEASURES

MATERIAL	WEIGHT	MEASURE
Almonds	4 ounces	1 cup, shelled
Butter	½ ounce	1 tablespoon
Butter	1 pound	2 cups
Corn Meal	1 pound	3 cups
Cornstarch	4½ ounces	1 cup
Currants, Dried	1 pound	2⅜ cups
Dates, Pitted	½ pound	1 cup
Flour		
Bread	1 pound	3⅕ cups
Bread	1 ounce	3–4 tablespoons
Entire Wheat	4 ounces	1 cup
Graham	5 ounces	1 cup
Pastry, Sifted	¼ pound	1 cup
Hominy, Raw	6 ounces	1 cup
Lard	8 ounces	1 cup
Milk, Skim	8½ ounces	1 cup
Orange Juice	8 ounces	1 cup
Peanuts	5⅓ ounces	1 cup, shelled
Rice	8 ounces	1 cup
Raisins	5⅓ ounces	1 cup
Rye Meal	4⅛ ounces	1 cup
Spinach	3 pounds	1 peck
Sugar, Confectioners'	4½ ounces	1 cup
Brown	5½ ounces	1 cup
Granulated	8 ounces	1 cup
Tapioca (Pearl)	6 ounces	1 cup
Tapioca (Quick)	6 ounces	1 cup
Walnut Meats	4 ounces	1 cup
Water	8 ounces	1 cup

For additional weights and measures, see Table of Food Values (p. 8)

ALL MEASUREMENTS IN THIS BOOK ARE LEVEL